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Radio Round-up on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
January 6, 1945

I N T H I S I S S U E

PORTS OF ENTRY.....FOR FISH.....The West did well this year in helping to bring the nation's fish catches to record levels....In fact, the three leading ports for fish are on the California coast.

SPEAKING OF MEAT.....85 percent of our meats are on the ration list now, so the low-point no-point meats are very much in order. Here's a list of the rationed and un-rationed meats.

THE SUGAR STORY.....We now have the lowest national inventory of sugar at this time of year.....here's how it's divided among home users industrial and institutional users.

SMALL LOTS OF PRESSURE CANNERS.....Yes!...Enough aluminum has been allowed for manufacturers to make 630,000 pressure canners between October, 1944 and July, 1945. The small size can be used for other cooking, too.

HAVING A VICTORY GARDEN THIS YEAR.....They will be just as important as they were in 1944....to help the wartime food situation, to provide fresh vegetables and to save ration points.

US Department of Agriculture
Food Distribution Administration

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PORTS OF ENTRY...FOR FISH

If you were asked to name the leading fishing port in the continental United States, would you think first of Gloucester in New England? The answer inspired by memories of clam chowder and codfish cakes would be right if you're talking about fresh or frozen fish. But in terms of weight of fish landed last year, San Pedro, California tops the nation.

In fact, the three leading ports for fish during recent years are on the California coast...San Pedro, Monterey and San Francisco. Those ranking next in order of importance during 1944 were Gloucester and Boston, in Massachusetts; then Beaufort, North Carolina; Fernandina, Florida; San Diego, California; New Bedford, Massachusetts and Reedville, Virginia. These ten ports receive one-half of the nation's production of fish and shellfish.

At the California ports, 90 percent of the fish brought in were pilchards. While most of this catch will be used in the form of industrial oils and poultry feed, a substantial portion will be eaten as canned sardines. Here are some figures on the port landings at San Pedro...about 390 million pounds of pilchards alone. Other landings included 100 million pounds of mackerel. 60 million pounds of tuna and small quantities of other species.

Gloucester held first place on the Atlantic coast with landings estimated at 189 million pounds. Boston followed with 160 million pounds. These ports are the nation's principal centers for fresh fish. They receive haddock, rosefish, cod, pollock, flounders and other species handled almost exclusively by our fresh and frozen fish markets.

Beaufort, Fernandina and Reedville ports are devoted almost entirely to a single species...menhaden. This fish, caught in tremendous quantities on the Atlantic coast, is never seen at the fish market. It is used principally in the production of animal feeds and industrial oils. San Diego is important because the large tuna boats that fish off Mexico, and farther south, land their catches at this port. Most of the 84 million pounds of fish delivered at San Diego last year were tuna which are sold primarily in canned form. Considerable stocks of frozen fish now in cold storage warehouses and limited inventories of canned fish are a welcome addition to our other supplies of animal protein food.

SPEAKING OF MEAT

Now that 85 percent of our meats are back on the ration list, you'll probably be suggesting new ways to fix low-point or no-point meats. Homemakers are eager to learn about recipes that call for use of the meats and cuts which remain point free.

The point-free meats are: All variety meats such as tongue, heart, liver, kidneys, tripe, sweet breads, and brains...with the exception of veal and beef liver which now require points. Mutton: All grades and cuts. Lamb: All cuts of utility grade, also breast, flank, neck and shank, and patties ground from zero point value cuts. Pork: All fatbacks and plates, hocks, jowls, and knuckles. Canned meats: Chilli con carne, meat loaf, deviled tongue, meat spreads, potted and deviled meats, tongue and tamales.

One way to save points for rationed meats and yet stretch the meat dish is to serve bread stuffings with the main course. Shoulder roast of veal, for example, is low in points, and with a savory bread dressing the meat is not only extended but takes on company appearance.

THE SUGAR STORY

The lowest national inventory of sugar at this time of the year was brought home to consumers this past week. The Office of Price Administration cancelled all stamps except number 34, placed inventory restrictions on industrial and institutional users and reduced ration allotments for the first quarter of 1945.

The tighter restrictions will not hold true for bread and bakery or cereal products, nor for pharmaceuticals. Cereal products users have been getting 80 percent of the sugar they used in 1941, and pharmaceutical users, 125 percent of 1941 use. And this same allotment will continue. The use of flour by bakers has increased sharply since 1941, so you can see that with the allotment of sugar staying at 80 percent of 1941, the baker will still have to stretch his sugar supplies.

Nor is there any desire to have fruit packers cut the number of cans they process. They will continue under the same allotment system as in 1944, but the average amount of sugar that goes into each case of fruit has been reduced from 100 percent to 90 percent of the quantity used during 1941.

Because there are ample supplies of preserves on the market, for the first quarter of 1945 producers of such products will be allotted 70 percent of the sugar they took in the same period last year. This past year when preserves were rationed, the manufacturers of preserves were limited only as to the amount of sugar they could use in each pound of finished product.

All in all, civilian supplies of sugar in 1945 will be substantially lower than in 1944. The one million two hundred thousand tons allocation for civilians during the January through March period is about 225,000 tons less than in the last quarter of 1944. Part of this decrease reflects the fact that in the first quarter of a year consumption of sugar is at a seasonal low point. However, the supply of sugar for civilians in this quarter is lower than in the first three months of 1944...by about 112,000 tons. To make up this reduction it has been necessary to reduce allotments under rationing for all classes of civilian users.

SMALL LOTS OF PRESSURE CANNERS

Homemakers, desiring pressure canners for year-round usefulness as well as for the canning season, should watch for deliveries of these canners at their local stores. Last fall the War Production Board allowed manufacturers enough aluminum to make 630,000 pressure canners between October 1944 and July 1945. Most of these canners will be made in two sizes. The small one holds seven quart jars and the large one, 14 quart jars. All are of cast aluminum and have a rack to hold jars "come canning season". Each is equipped with inset pans that make the canner suitable for cooking foods the year-round. The small size is especially convenient for family cooking of stews, beans, cereals and steamed puddings.

Those of your listeners who are lucky enough to have a pressure canner probably would like the bulletin on how to care for it. Have them write for their free copy..."Take Care of Pressure Canners", from the Office of Information, U.S. Department of Agriculture, Washington 25, D. C. As a special service to women directors, we have a copy of this bulletin for you at our regional office, War Food Administration, Office of Marketing Services, Marketing Reports Division, 821 Market Street, Room 700, San Francisco 3, California.

HAVING A VICTORY GARDEN THIS YEAR?

Victory gardens are going to be just as important this year as last. With stepped up offensives in the Pacific and with the present military situation in Europe, total food requirements this year will continue high. Since this country can not afford to gamble on food supplies, the 1945 production goals for farmers and livestock producers call for the same output of food as in 1944. This means there will be the same need for victory gardens as there was during the past year, when 18 and a half million gardens were grown.

Reports to the War Food Administration reveal that one-third of the gardens were on farms and the remainder in community and suburban areas. These rural and urban gardens supplied more than 40 percent of the fresh vegetables grown last year, and about two-thirds of the homemakers in the nation did some home canning or used other methods of food preservation.

Victory gardens in 1945 will not only help the wartime food situation, but will provide fresh vegetables for summer and winter meals...will also save money and ration points. To the degree each community is able to raise its own vegetables, there is a lighter burden on our transportation system. There is also a personal satisfaction in a home garden...a source of healthful exercise plus the enjoyment of eating fruits and vegetables "fresh from the vine".

BEANS - NORTH OF THE BORDER

Many of our food habits are regionalized. Consider beans....New Englanders like baked navy beans, Southerners favor butter beans, while chile is the favorite bean dish with our neighbors just "north of the border". Homemakers from each part of the country usually make a specialty of their native dishes, and as a result foods popular in grocery stores in the Southwest may not be known along the East coast.

An example of this is the pinto bean...a light pinkish-brown bean mottled with dark brown...which has long been a favorite food in the states along the Mexican border. On the other hand, pinto beans are seldom seen in grocery stores throughout many parts of the country. However, the large pinto crop for the past two years has resulted in more of these beans being distributed over a wider territory. Large quantities of white beans and red kidney beans are going for military and lend-lease purposes. Naturally this leaves smaller supplies of these for civilians. As a result, homemakers throughout the country are finding that pinto beans are delicious in many different ways. You might suggest to your listeners that they try these beans in making chili, baked beans, bean soup, and other bean dishes.

Colorado leads in the production of pinto beans, with New Mexico and Wyoming coming in second and third. As you would expect, the South and Southwest are large consuming areas. It's surprising, however, that in many of the coal mining areas in Kentucky, Tennessee, West Virginia and Pennsylvania...large quantities of pinto beans are eaten every year.

The folder, "Dried Beans and Peas in Wartime Meals" will give you more information about the preparation of various kinds of dried beans. If you want to offer it to your listeners, suggest that they write to the Office of Information, Department of Agriculture, Washington 25, D.C. As a special service to directors of women's programs, we have free copies of this bulletin in our regional offices. War Food Administration, Office of Marketing Services, Marketing Reports Division, 821 Market Street, Room 700, San Francisco 3, California.

FLOSSY TOUCH TO LIFE JACKETS

Not the tumbling tumble weed, but milkweed pods were followed this past summer by school children from Kansas and the Dakotas east to Virginia and Maine. They picked more than 2 and a half million bushel bags of these pods to produce floss for over a million regulation life jackets.

This "picking" campaign started because the war in the Pacific cut off valuable supplies of kapok. The floss from milkweed was an available, and up until that time, neglected substitute for kapok.

In most states the Department of Education took over the handling of the collection program. Empty onion bags were delivered to county school superintendents. They in turn distributed the bags to individual schools. Teachers assumed responsibility for directing and encouraging collection, drying the bags of pods and assembling the collections for a community. State highway departments provided trucks for the gathering of school collections at a central point within each county. Boy Scouts, Girl Scouts, 4-H clubs, Campfire Girls, Junior Red Cross members and Brownies were encouraged to work as units collecting the pods. The pay per bushel for the pods was 20 cents, and some groups pooled their earnings to buy athletic equipment for this year or to make donations to the Red Cross or charitable organizations.

The country-wide total of the harvest amounts to nearly 600 carloads. Since the storage capacity of the processing plant at Petoskey, Michigan is not large enough to handle all of the collections at one time, shipments of the pods from local assembling points are continuing. The processing plant is being operated 24 hours a day with an output of approximately 8 thousand pounds of floss daily. Then every three days a carload of processed floss is shipped to manufacturers of life jackets.

MODERNIZED RICE

It all began in India with an ancient method of preparing rice for milling by steaming the grain in the hull. This process went unnoticed by other countries until nutrition research started commercial rice companies looking for a way to produce light-colored rice without losing all the natural B-vitamins in the whole grain. These important vitamins are removed with the outer layer of the grain when rice is polished. For years nutritionists have been pointing out that brown rice has a greater food value. But the public in this country and England has continued to prefer the white polished rice. Its light color is favored, and it has the added advantage of cooking more quickly and keeping better than brown rice.

Shortly before the present war began, a British concern took a cue from India and developed a method for steaming rice in the hull so that the starchy center of the grain would absorb the water-soluble B-vitamins from the outer coat, before drying and milling. The resulting product is called converted rice, is slightly yellow in color and cooks much quicker than brown rice. A mill in Texas began manufacturing converted rice in 1940, and the product was tested by Louisiana and Arkansas Experiment Stations for vitamin content. It proved to be richer in the B-vitamins than white polished rice, though not so rich as brown rice. However, before American civilians had much chance to try this rice, soup manufacturers and the Army began to buy it. At present, the total production is going to the armed forces. Production is still very small, however...it's less than 2 per cent of the total rice milled this year.

CUT AND DRIED OPINIONS

Do American homemakers want to use dehydrated vegetables?

To test consumer reaction to these products, about 40 grocery stores in Grand Rapids, Michigan are going to sell dehydrated vegetables for the next six months. The Farm Credit Administration with other agencies in the U.S. Department of Agriculture and the National Dehydrators Association will check on sales and consumer approval.

The products being offered include dehydrated beets, onions, carrots, diced white potatoes, julienne white potatoes and diced sweet potatoes. The vegetables will be marketed under a mutually agreed upon brand...called "Hy-rated" and the labels will state that the vegetables are packaged for the National Dehydrators Association. The products will be sold at reasonable prices consistent with the cost of production. The labels will contain cooking directions. Also, a recipe booklet, "Cooking Dehydrated Vegetables" which was prepared by the Bureau of Human Nutrition and Home Economics in the Department of Agriculture will be distributed to purchasers.

Grand Rapids was chosen for the test because it has a diversified and fairly permanent population with stable industrial income.

ALL PUFFED UP

Agricultural records on many crops were broken in 1944. But have you ever heard of a crop that got all puffed up because it broke a production record? Well...popcorn does, and has a right to it's inflated opinion. The 1944 popcorn crop...in the twelve states where the commodity is produced in commercial quantity...is estimated at over 202 million pounds of ear corn. This harvest is nearly a fourth larger than the previous record set in 1942.

The states which raise our popcorn are Ohio, Indiana, Illinois, Michigan, Iowa, Missouri, Nebraska, Kansas, Kentucky, Oklahoma, Texas and California. Iowa produces one-third of the national crop. Missouri, Illinois, Ohio and Indiana rank below Iowa in the order named. Oklahoma, a comparatively new producing area, is also in top rank.

For confections, it's the yellow kind

Most popular corn grown in this country is a yellow variety called "South American". It's particularly adaptable for confections, and vendors favor it, too. The popularity of this "South American" variety is based on "popping" expansion which should be at least 25 times the volume of the popcorn used. It holds up well in caramelized confections. Other ranking favorites grown in our popcorn states are the Japanese hull-less, yellow pearl and white rice varieties.

From the field, popcorn goes into open cribs like other corn for a curing period. It is usually shelled and screened in late winter. Sales for popcorn dropped off during the rising popularity of candy bars, but demand is again on the upward trend. Wives, sisters and mothers have even been sending cans of the un-popped corn overseas to service men. The soldiers pop the corn on stoves in barracks for a treat that reminds them of circuses and movies back home.

THEY FINALLY TRIED THEM

In spite of ourselves, our national diet has been constantly improved by the introduction of "strange foods". But it's been a hard pull for the men who brought these "foreign" foods to America....no one seemed to want to taste them.... even foods now as common to our tables as the avocado and the grapefruit. One plant explorer who was attempting to get Americans to try the avocado spent hours pleading with the managers of large hotels to put avocados on the menu. But the hotel chefs said that it was a great deal of trouble to teach kitchen assistants to work with new foods. One chef even went so far as to say that he would have a strike on his hands if he tried to get his men to prepare such unfamiliar foods.

Yet in spite of all this early prejudice and resistance, these once-strange fruits are now popular in our homes and restaurants. Last season this country consumed an avocado crop of 23,200 tons from Florida and California, and a grapefruit crop of 56,020,000 boxes.

WHEN YOU PREPARE LEFT-OVERS

Americans will be eating more pot roast and swiss steaks these winter days, when the weather is cold and the ration points must be stretched. So here are a few tips for preparing left-overs from the pot roast as the other lower grade cuts. Keep the meat moist...all left-over meat should be kept from drying out during reheating as much as possible, but special care should be taken with medium and lower grades of beef, which have less marbling of fat through the lean, and therefore tend to be drier than the better grades of meat.

To help keep the sliced meat from drying when it is being reheated, warm the slices in a double boiler. Or serve them cold with a hot sauce or gravy. Of course, when hash is made from the left-overs....or stew, croquettes, soup or meat pie, the cream sauce, gravy or soup stock keeps the meat moist. A good moist sandwich filling for box lunches can be made from ground cooked beef moistened with relish, ground cooked vegetables or salad dressing.

FRUIT FROM FAR AND NEAR

When fig growing was first begun in California the project failed, and the story of its failure is one of the most curious events in the history of fruit culture. For some reason, the early California growers did not take into account the fact that in order to ripen figs must have pollen from other fig flowers. Otherwise, the fruit drops from the tree unripened. Nature has devised a way of accomplishing this pollination...it's done by a very small fig wasp called the blastophaga. Yet, the group which wanted to make figs one of California's famous fruits neglected the wasp entirely, and as a result, the figs fell from the trees without ripening.

Then the U.S. Department of Agriculture was asked to help, the fig wasp was brought to California, and the figs began to ripen on the trees...the commercial fig growing industry had begun to flourish in California...And all because a very small wasp is born inside the hollow fig stem, and leaves by creeping through the small opening in the fig to seek and enter another fig in which to lay her eggs.

SAVE WASTE KITCHEN FAT.....STRAIN THROUGH A COARSE SIEVE.....TAKE IT TO THE BUTCHER

BEST FRUIT BUY-----Grapefruit
IN MODERATE SUPPLY-----Apples, oranges, lemons
IN LIGHT SUPPLY-----Avocados, winter pears, persimmons
BEST VEGETABLE BUYS-----Spinach, cabbage, onions, beets, carrots
IN MODERATE SUPPLY-----Celery, lettuce, sweet potatoes, broccoli, Brussels sprouts, squash (hard), root vegetables
IN LIGHT SUPPLY-----Potatoes, green onions, rutabagas

BEST FRUIT BUYS-----Oranges, grapefruit
IN MODERATE SUPPLY-----Apples, lemons
IN LIGHT SUPPLY-----Avocados, tangerines
BEST VEGETABLE BUYS-----Sweet potatoes, onions, celery, spinach
IN MODERATE SUPPLY-----Brussels sprouts, carrots, cabbage, cauliflower
IN LIGHT SUPPLY-----Artichokes, cucumbers, potatoes, eggplant

BEST FRUIT BUYS-----Grapefruit, oranges
IN MODERATE SUPPLY-----Apples
IN LIGHT SUPPLY-----Lemons, tangerines
BEST VEGETABLE BUYS-----Broccoli, cauliflower, squash (hard), sweet potatoes
IN MODERATE SUPPLY-----Artichokes, lettuce, spinach, cabbage
IN LIGHT SUPPLY-----Green beans, peas, cucumbers, soft squashes

BEST FRUIT BUY-----Grapefruit
IN MODERATE SUPPLY-----Apples, lemons, navel oranges, winter pears, limes
IN LIGHT SUPPLY-----Persimmons, bananas, tangerines, avocados, limes
BEST VEGETABLE BUYS-----Sweet potatoes, banana squash, carrots
IN MODERATE SUPPLY-----White summer and Italian squash, cauliflower, cabbage,
celery, tomatoes, lettuce, No.1 potatoes, yellow onions
IN LIGHT SUPPLY-----Peas and beans, cucumbers, eggplant, broccoli, Brussels
sprouts, white onions, artichokes, romaine, peppers,
rhubarb, parsnips, endive, rutabagas





Radio Round-up *on food...*

A Service
To Directors of Women's Radio Programs

San Francisco, California
January 13, 1945

IN THIS ISSUE

A FEW BARS ON SOAP.....Of the products related to soap, glycerine is one of the most important. At present glycerine requirements are being met, but the situation is tight as to edible and inedible fats and oils.. ..main sources are now in Japanese hands here is the story.

COLD AND TENDER.....Experimenters in the Bureau of Animal Industry in the Department of Agriculture have found that the small ice crystals which form when meat is frozen at certain temperatures help to tenderize the meat.

MENU PLANNING FOR A NATION.....Here's the story on how much food we can expect in 1945 and how the allocations are made.

DESIGN ON ACTION.....Aprons and housedresses are important to every housewife.....they must be comfortable and action-free, and here are a few suggestions on how they should be designed, and we offer a bulletin enlarging on the subject.

SPINACH TALK.....Spinach is one of the best vegetable buys across the nation right at present..... and most of the winter supply comes from Texas.

US Department of Agriculture
Food Distribution Administration

A FEW BARS ON SOAP

In line with radio ethics, the following paragraphs tell a good clean story. The facts were garnered from a recent speech given by Lee Marshall, Director of Distribution in the War Food Administration, to the Association of American Soap and Glycerine Products, Incorporated.

Mr. Marshall pointed out that the manufacture of soap is an ancient skill. In the Pompeii of 2000 years ago there is record of at least one soap factory in operation. And in Great Britain, when James the First was king, he sold the monopoly of making soap in the kingdom for about \$100,000 a year. Under terms of the monopoly though, manufacturers could not make more than 3 thousand tons of soap a year...less than one pound for each British subject.

In our country, there are records showing that the commercial soap business toward the end of the 18th century amounted to only about \$300,000. However, with technical improvements in the 19th century, soap manufacturers really got under way. At present, American soap manufacturers are not only responsible for manufacturing and distributing large amounts of soap to civilians and our military forces, but they have increased the production of many related products.

Soap for 56 fronts

Those military demands are particularly heavy at this time. Fighters on 56 fronts need large quantities of soap for a great variety of uses. In the last war, four or five fighting fronts were about the maximum at any one time. The 56 fronts now mean a far more complex supply and reserve problem. Of the products related to soap, glycerine is one of the most important. Glycerine goes into medicines, synthetic rubber, munitions and protective coating components.

Mr. Marshall said that while glycerine requirements are being fully met at this time, there is a tight supply situation both as to edible and inedible fats used by the industry. The United States has a shortage of one billion pounds of fats and oils from its normal supply...the fats and oils that came from areas now in Japanese hands. How long Japan will continue to block out these sources, no one knows.

The only two methods of making up this deficit according to Mr. Marshall are increased domestic production and conservation. While the American farmer has broken all records in increasing production of agricultural commodities...including fats and oils...these increases cannot fill in all the gaps. This is where conservation measures by the industry, and fat salvage programs have stepped in. Mr. Marshall concluded his message with a plea to American housewives to salvage more kitchen fats.

GET OUT YOUR YOLK BOOK

Four billion, 350 million dozen eggs...that's the revised 1945 goal for the little red hen and her sisters throughout the country. And that's a lot of eggs...laid end to end. After the priority list, including driers, freezers and military users has been checked off, the new goal should provide 347 eggs for each civilian in the country during the year. This amount equals the record consumption in 1944.

.. Your listeners will appreciate these eggs more and more as time goes on, and meat continues in relative short supply. Eggs are an important source of protein and are adaptable in hundreds of recipes which you can suggest over the air.

COLD AND TENDER

In the future, the "quick freeze" method may become a popular way of tenderizing meat.

U.S. Department of Agriculture scientists have been investigating the effect of low temperatures on the tenderness of beef. They found that when ice crystals form within the fibers of the meat when it is frozen, the crystals split the fibers and thereby have a tenderizing effect.

At temperatures just below freezing, the scientists did not find ice crystals within the fibers of the meat. At zero degrees Fahrenheit, some crystals were evident within the fibers. At 10 degrees below and 40 degrees below zero, the crystals were numerous and finer...and the frozen meat was more tender when thawed and cooked.

The general method of making meat more tender now is the "aging" or "ripening" process. Beef or lamb, after slaughter, is kept hanging in a cooler at a temperature slightly above freezing as long as several weeks. This cold storage checks the development of bacteria that cause spoilage, but does not stop the action of enzymes that are already in meat. Enzymes soften fiber and connective tissues.

The Department of Agriculture scientists studied both the aging and freezing methods for tenderizing effect. The best storage method they have found so far... to keep deterioration down and obtain tender meat...is to age the meat 15 days and then freeze it at 10 degrees below zero Fahrenheit. Beef aged only 5 days and frozen at 10 degrees below zero was as tender as beef aged 35 days without freezing. The experimenters in the Bureau of Animal Industry in the Department of Agriculture believe their laboratory tests will help remove the prejudice against frozen meat and lead consumers to appreciate good methods of freezing meat.

G.I. FLAIR FOR FOWL

If you happen to live in Atlanta, or Oklahoma City, or Nashville, Philadelphia, or Miami, Washington, New York, or New Orleans you won't be recommending the buying of broiler or fryer chickens on your local markets. The reason, of course, is the recent WFA "freeze" that is sending 100 percent of the commercially produced broilers and fryers in three sections of the country right into the eager clutches of the army mess sergeants. Poultry raised in the Delaware, Maryland, Virginia area, in the Gainesville, Georgia district and the tri-state region covering parts of Missouri, Arkansas and Oklahoma have, for the time being, passed from a civilian status to government issue. That means less chicken at the corner store if you happen to live in a section of the country that draws on these areas for supplies.

Chicken is a morale food

The Quartermaster Corps has asked for 110 million pounds of chicken meat for the men and women in uniform. With the order comes an explanation that chicken is one of our best morale foods, and leads the list in army hospitals, rest camps and rehabilitation centers. So really the fryer that the homefolks planned to have for Sunday dinner is carrying a message of home to our fighters...somewhere overseas...camps in this country...on ships. That G.I. serving of chicken, by the way, is still limited to ten ounces per man.

MENU PLANNING FOR A NATION

As we face a new year, you might wish to look again at this business of getting food from farm to consumers. Those consumers, you know, are not only in our towns and cities. Between 10 and 11 million of our regular customers are scattered over the face of the earth. There are other customers in liberated countries and in the homelands of our allies.

So let's start with food as it comes from the farm in raw state. How much food will there be for distribution? Well, representatives from the War Food Administration...with the help and advice of local people who work with farmers...gather round a conference table to plan farm goals for the succeeding year. The goals aren't pulled out of a hat. They are based on special food needs of the armed forces, our civilians, allies and foreign relief.

The goals are made only after reserve stocks on hand are considered...and with a view to maintaining adequate reserves for the future. Then the goals are checked with the states and given a final review. Thus there is a plan for the year's farm output. As you know, 1945 goals in general call for about the same planted acreage as in 1944, with high levels of production for livestock.

Cutting the pie into enough pieces to go around is the next job. It isn't possible to meet the wartime demands of all claimants; so requests and needs must be examined in order that the supply will be divided as fairly as possible.

To do this complex job of division, there is a committee which represents all government agencies concerned with food problems. The War Food Administration represents civilian requirements. Each of the services...Army, Navy, and Marine Corps...has a representative. American territories are represented by the Department of Interior. The Foreign Economic Administration is spokesman for our allies through lend-lease, and for the people of liberated nations. There are other representatives from the State Department, Red Cross, Office of Price Administration, War Production Board and Veterans Administration.

The allocations, or divisions made by this committee, are on a 12-month basis. But since the fortunes of war may affect the plans, the allocations are made "firm" by three-month periods. At the end of three months, the supply is re-examined and allocations are set for the next three months.

Although our fighters sit at the first table, the major part of our farm production is consumed by civilians.

The allocation committee bases civilian food supplies on the amount and kinds of food that will maintain the health and vigor of our people. On the basis of information currently available, here is how food supplies for civilians will stack up in 1945.

Meat: Civilians can expect less meat than in 1944. Last year each civilian got about 145 pounds. This year they will get around 15 pounds less per person. Most of this difference will be in pork. Beef supplies will probably be at the same level...with less veal and lamb. Poultry: There will be smaller civilian supplies of chicken because of heavy military requirements. Per capita consumption will be 20 and a half pounds of chicken in comparison with almost 23 pounds in 1944. Turkey supplies will be about the same this year. Sugar: This commodity will continue on the tight side throughout the year. Carry-over reserves are smaller and so is the 1945 Cuban cane sugar crop. At the same time military needs are larger. Also military demands on shipping may make it difficult to move sugar from our territories. While higher goals for sugar crops in this country have been set, labor for these crops is a special wartime problem.

Dairy products

The butter supply will not improve in 1945...there'll probably be less. Fluid milk may be a little more plentiful. Military and lend-lease demands are expected to take most of the evaporated milk, although civilians will continue to get enough to meet essential needs. Powdered whole milk will go for war uses, but there will be plenty of powdered skim milk for food products manufactured for civilians. Cheddar cheese supplies will be somewhat smaller than in 1944, however there are good supplies of cottage cheese in sight.

Fruits and vegetables present a picture of varying outlook. Civilians will probably receive less commercially canned fruits and juices...probably from 10 to 12 percent less than in 1944. But supplies of these canned foods will be about as large as in the pre-war period. There will also be a slight civilian cut in canned vegetables for the 1944-45 season. Long range predictions on fresh fruits and vegetables are hard to make. But for the next three months there will be good supplies of many fresh fruits such as apples, pears, and citrus fruits. On the whole, supplies of fresh vegetables for the next three months should be above average, but not as high as the level a year ago. Supplies of frozen fruits and vegetables will remain as high as in 1944...perhaps larger...depending on the storage situation.

Cereal products will be plentiful. So will eggs, especially during the first half of the year. Supplies of edible fats and oils should meet a moderate need though there will be none to waste. All in all, the allocations at this time point to enough food to meet adequate nutritional standards...but the variety may not be wide enough to suit our fuller pocketbooks.

DESIGN ON ACTION

When you're passing out tips on choosing kitchen equipment, how about calling attention to aprons and work clothes. A dress or apron that restricts the worker or twists or gets in the way, may be as fatiguing as a poorly planned kitchen. You can find a design to recommend for each household job and each wearer in the new bulletin, "Dresses and Aprons for Work in the Home," prepared by clothing specialists of the U.S. Department of Agriculture.

The bulletin contains 15 original designs both photographed and sketched, these new designs had to pass rigid wear and work tests. Each had to have free action and coolness for comfort, safety features for work, time and energy-saving features that make it easy to put on and easy to iron. Each apron had to be durable in material and workmanship, and be attractive as well as practical. Besides design and construction notes, the bulletin gives pointers on selecting patterns or readymades.

You can make them at home

Some of the designs have been reproduced by commercial pattern companies thus making them available to the home seamstress. If your listeners want a free copy of these designs, tell them to write to the Office of Information, U.S. Department of Agriculture, Washington 25, D.C. and ask for Farmers' Bulletin No. 1963, "Dresses And Aprons For Work In The Home".

As a special service to directors of womens' programs we have a free copy for you at our regional office. Just write and request your bulletin from the War Food Administration, 821 Market Street, Room 700, San Francisco 3, California.

SPINACH TALK

(Note to Broadcasters: Check on local supply of spinach before using this copy.)

Texas spinach, now being distributed in all states except those in the Western Region, is one of the most reasonably priced vegetables on the market.

Practically all the winter supply of spinach comes from Texas...has as a matter of fact, for several decades. This supply will continue to come to all but Pacific coast areas through March. Fresh spinach from Texas takes about 6 to 10 days to reach consumers in northern markets. It travels iced in refrigerated cars in bushel baskets...usually 18 to 20 pounds to the bushel. The Texas crop this year is estimated at over 62 thousand tons. While this yield is 3 percent below the pre-war average and 13 percent below production in 1944, the new crop is adequate to meet all demands.

Besides the present attractive price, spinach is one of the green leafy vegetables important for vitamin A...the vitamin which builds up resistance to certain infections and helps prevent night blindness. An average serving of spinach...about 3 ounces...will take care of the day's need for vitamin A. The same service will supply about a fourth of the day's requirements of iron which helps keep the coloring matter of the blood up to normal. Spinach like other green leafy vegetables is a good source of riboflavin.

Spinach may be cooked with only the water that clings to its leaves after washing. In a tightly covered pan on a low to medium fire, the salted spinach will reach its appetizing state in 5 to 10 minutes of cooking. It's good seasoned with pork drippings. And don't overlook the use of the tender spinach leaves raw in a salad. Fresh spinach may be used with or without other salad greens. It's excellent combined with slices of hard cooked egg.

* A CORRECTION IS IN ORDER *

* *

* On page 7 of the December 16 Round-Up, there was a discrepancy in *

* the Fat Salvage announcement. In the title, it states that 2 points *

* and 4 cents will be paid for each pound of waste fat turned in. *

* In the article, it says that 2 cents and 4 points will be paid. *

* The error has caused considerable consternation on the part of *

* butchers, ... but the correct payment is TWO POINTS AND FOUR CENTS *

* for each pound turned in. *

* ***** *

PLENTIFUL FOODS FOR FEBRUARY

The following are foods expected to be in fairly good supply throughout the country:

Onions

Carrots

Beets

Spinach

Squash

Eggs

Oranges

Grapefruit

Perhaps there will be a little more beef for the first quarter of 1945, but the general meat situation is tight.

BUYING BEEF BY GRADE

With this week's Round-Up, we're sending you a copy of the new bulletin, "Buying Beef by Grade", which explains the standard grading system, and gives consumers a means by which they can select beef with a reasonable assurance that they are getting the quality of beef they want and are paying for. For additional copies, write to the War Food Administration, 321 Market Street, San Francisco 3, California, Room 700.

FOOD FREAKS FROM 18th CENTURY WRITINGS

ASPARAGUS.....In the old days, it was said that if asparagus was eaten before dinner, it refreshed and opened the liver and spleen, and put the body in an agreeable state.

ARTICHOKE..... An 18th century English author recommends that whole artichokes be preserved by covering them with fresh sand.

CABBAGE.....Philistian recommended that the juice of cabbage be mixed with goat's milk, salt and honey to relieve the cramp of stiff necks.

ENDIVE.....We find that around 1800, explorers to the Arctic regions grew salad greens, including endive, on their ships for the benefit of the sick, even when they were near the North Pole.

GARLIC.....The Egyptians worshipped garlic, but the Greeks held it in such abhorrence that those who ate it were regarded as profane.

Persius tells us that the Greeks made criminals eat garlic for several days to purify them of crimes.

VITAMINS.....STOLEN BY THE SUN

Cold weather keeps milk from souring on porches or in apartment entryways, but if milk is left in the sun for one hour, 40 percent of its riboflavin will be stolen. According to experiments made at the North Carolina and Idaho Experiment stations, sunlight rapidly destroys this vitamin which is so important in our diet...and milk is the source of our main riboflavin supply..

The sun knows no season in its riboflavin thievery, so housewives should see that milkmen leave their bottles in the shade.

FARMING ALL OVER THE WORLD

Despite the shortages of fertilizers, equipment, labor and all the other essentials of agricultural activity, world food production has gone up since the war began.

The most outstanding increase in farm production is in North America, as could be expected...the figure is 30 percent expansion. In South America, the increase was 17 percent, 3 percent in Southern and Eastern Asia, and one percent in South Africa and Oceania.

In Western Europe and North Africa, however, agricultural production has declined by 6 percent, and by 5 percent in the Middle East.

MARKET PANORAMA

Seattle

BEST FRUIT BUY-----Oranges (lower)
 IN MODERATE SUPPLY-----Washington apples, grapefruit, Cuban pineapples, Wash-
 ington pears
 IN LIGHT SUPPLY-----Avocados (high). Emperor grapes
 BEST VEGETABLE BUYS-----Lettuce, spinach, onions, cabbage, cauliflower, carrots
 and tomatoes
 IN MODERATE SUPPLY-----Artichokes and broccoli (lower). Green onions (lower).
 Radishes, parsley, beets, turnips, rutabagas. Potatoes
 (supply of U.S. No.1 grade dwindling), (ceiling)
 IN LIGHT SUPPLY-----Cucumbers (unusually high). Zucchini squash (high). Egg-
 plant, peppers
 AVAILABLE FOR CANNING---Apples

Portland

BEST FRUIT BUYS-----Grapefruit, small size oranges
 IN MODERATE SUPPLY-----Apples. Lemons (lower for small sizes)
 BEST VEGETABLE BUYS-----California lettuce, Texas spinach, local cauliflower
 IN MODERATE SUPPLY-----Artichokes (high). Carrots, celery, winter squash and
 tomatoes, cabbage, onions
 IN LIGHT SUPPLY-----Cucumbers, eggplant, garlic, peppers, rhubarb and Brussels
 sprouts, U.S. No.1 potatoes
 AVAILABLE FOR CANNING---Apples

San Francisco

BEST FRUIT BUYS-----Apples, grapefruit and oranges
 IN MODERATE SUPPLY-----Tangerines (ceiling)
 IN LIGHT SUPPLY-----Avocados and grapes
 BEST VEGETABLE BUYS-----Lettuce, onions, banana squash and sweet potatoes
 IN MODERATE SUPPLY-----Tomatoes (lower). Cabbage, cauliflower. Celery (slightly
 higher). Lower grade potatoes
 IN LIGHT SUPPLY-----U.S. No.1 potatoes. Soft types of squash
 AVAILABLE FOR CANNING---Apples

Los Angeles

BEST FRUIT BUYS-----Oranges, grapefruit
 IN MODERATE SUPPLY-----Apples, persimmons, Winter Nelis pears. Lemons (ceiling).
 Limes (reasonable)
 IN LIGHT SUPPLY-----Bananas (ceiling). Cuban pineapples (high). Tangerines
 (ceiling). Grapes (high)
 BEST VEGETABLE BUYS-----Lettuce, No.2 sweet potatoes, banana squash
 IN MODERATE SUPPLY-----Celery (slightly lower), rutabagas. Carrots (slightly
 higher). Yellow onions, bunched vegetables. Spinach
 (high). Mustard greens (reasonable)
 IN LIGHT SUPPLY-----Potatoes (ceiling). White onions (ceiling). Beans (ceiling)
 Cucumbers (ceiling). Eggplant, soft squash, artichokes,
 Brussels sprouts, peppers
 AVAILABLE FOR CANNING---Apples

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Radio Round-up

on food...

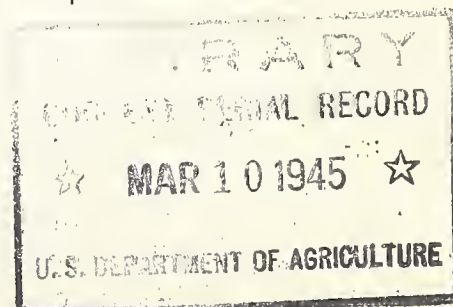
A Service
To Directors of Women's Radio Programs

San Francisco, California
January 20, 1945

I N T H I S I S S U E

- A TALL DRINK OF ORANGE JUICE.....Pyramids and boxes of oranges now rule the fruit displays in grocery stores and produce stands...good news for orange juice drinkers.
- LEAN MILK...BUT WHAT'S IN A NAME.....In some countries it's known as "lean milk", at home as "non-fat dry milk solids". Here is the whole story...definitions and all.
- SHORTENING THE SHORTENING.....Greater war needs are behind OPA's action in putting shortening and salad oils back on the ration list.
- GARDENS WITH A DASH.....The need for Victory Gardens will be even greater this year. Gardeners are urged to "shop" early for seeds and fertilizer to help eliminate a bottleneck in deliveries.
- ANOTHER ROW TO PLOW.....Increased food production is still the war job on the Nation's farms...with an even greater acreage set for '45.

US Department of Agriculture
Food Distribution Administration



A TALL DRINK OF ORANGE JUICE

Pyramids and boxes of oranges now rule the fruit displays in grocery stores and produce stands. This sign of plenty is good news for the many Americans who consider orange juice their morning refresher course.

Orange shipments from California and Florida, the nation's main producing areas, are reaching the seasonal marketing peak. Smaller crops are also coming from Texas, Arizona, Alabama, Mississippi and Louisiana. Our greatest number of oranges is shipped during the months from November to June. Florida is pretty well out of the market in the late summer and early fall.

California ships oranges throughout the year. The navel and other early varieties begin moving to distribution points in November and continue until late April or early May. This year the early varieties from California got off to a slow growing start and rainy weather further delayed harvesting. Then more recently, bad weather in the Middle-West tied up transportation. But over 19 million boxes of navel oranges are expected from California and Arizona before the end of the season. Harvesting of Valencias starts in February in Arizona, and in March in California. Marketing really gets under way by April and lasts into November. Over 36 million boxes of Valencias are now expected, so we are assured plentiful supplies of oranges from the West.

Florida early and mid-season oranges begin moving in October and taper off by April. The Florida Valencia oranges mature earlier than those in California, and are marketed from February through June unless the season is late. Despite the hurricane loss, Florida is expected to market 42 and a half million boxes of oranges this year. In the past, Florida led in citrus production. However, about fifty years ago...in 1894...a severe freeze killed off a large percentage of the trees. Many plantings during the 1930's...plus improved cultural practices.... are bringing Florida's production back. At present, California navel oranges predominate on the markets from the West coast to Pittsburg. Florida oranges are more in evidence in Eastern and South-Eastern markets.

POINTS BACK ON CITRUS JUICE

... At present any grapefruit juice and blended orange and grapefruit juice that is sold by canners must be offered to our armed forces. Civilians at present can buy only those stocks that are already in wholesale and retail outlets. The War Food Administration order which limits the sales of these citrus juices only to the Quartermaster Corps will be revoked as soon as military needs are filled. So to stretch out supplies for the home folks until the order is removed, the Office of Price Administration has again placed ration point values on citrus juice.

The G.I.'s come first

When military needs for citrus juice were estimated some time ago it was thought that if each canner set aside a portion of his total 1944-45 production for government purchase, there would be enough from this set-aside for all military services. But as it worked out, the offers from current production were not sufficient to meet the needs of the armed forces...so the new order was necessary. From one point of view this order is well timed, as supplies of fresh oranges are now nearing the seasonal high.

LEAN MILK...BUT WHAT'S IN A NAME?

In some countries it's known as "lean milk"...at home as "non-fat dry milk solids". But whatever the term, like as not, your listeners don't know the product, although they're eating it in all sorts of commercially made foods. Here's the story: Before the war a great deal of the milk, which was skimmed for butter making was fed to the cattle. Now the need for food has diverted the stream of so-called skimmed milk to drying plants, increasing the production, in some cases, threefold. Dried, it packs well, keeps well, ships well. And it's nutritious, containing milk proteins, minerals, lactose, and the water-soluble vitamins, chief of which are the B complex. The only food values of which it's been "skimmed" are fat, vitamin A, and possible small amounts of other fat-soluble vitamins.

How do we use this powdered nutritive goodness in the U.S.? Mostly in baked goods, principally bread; in candy and ice creams, in sausages and processed meat loafs where it acts as a binder for the meat, in soups, in cereal baby foods; all sorts of prepared mixes. A small part of the non-fat dry milk solids used in this country is sold in the South over the grocers' counters. Packages range from 5 ounces to 1 pound. It's said that some folks reconstitute the powder and add a culture to make buttermilk...or for variation they used it with a chocolate syrup to get chocolate milk. Others use it in baking. On the whole, milk solids improve the color, flavor, and tenderness of bread, cakes, pies, and other baked foods.

A large portion of the milk solids shipped to Britain go to the homemakers under the National Home Milk Scheme. An intensive campaign has educated the British to use dehydrated foods. They have demonstration teams, newspaper and placard advertising, and retailer's handbills containing recipes that are given with the product. Originally we shipped non-fat dry milk solids in two-hundred-pound barrels to be repackaged abroad. Now we are sending some eight-ounce tin cans that have explicit directions for reconstituting, and which hold enough powder to make four pints of fluid milk.

In the U.S. we dehydrate milk by two methods: Spray process and roller. They're about equally good, grade for grade, except that spray processed dry milk dissolves almost completely in water whereas the roller processed leaves a slight residue. For cooking purposes that's a small matter. But since our allies use a goodly part of their dried milk reconstituted, they prefer the spray kind. For this reason the War Food Administration must sometimes set aside a high percentage of spray dried milk for war services and lend-lease. Allocation for February and March is 50 percent. Since the production of roller processed powdered milk is large, having tripled since the war, no set-aside need be made.

BUTTER BUYERS

The government is stepping up its purchases of butter to meet urgent military requirements. The amount needed will be acquired by having each producer set aside twenty percent of his creamery butter in February, and 25 percent in March for sale to government agencies. Any non-set-aside butter the producer may deliver to the government during January will be credited to his obligations for the coming two months. All this adds up to the fact that civilian supplies of butter are going to be reduced further in this same period. There just isn't enough butter being produced to meet present civilian demand and increasing military requirements.

SHORTENING THE SHORTENING

By now your listeners know that lard, other shortening, and salad oils are back on the ration list. Here is a little background information on the subject. The action came quickly, as the OPA and WFA moved simultaneously on Friday morning to protect our national supply and provide sufficient lard for war needs. The OPA's three-day freeze of retailers' stocks gives storekeepers time to take an orderly inventory, while all dealers and consumers are being informed of the new two red point per pound values. At the same time, the WFA has issued a set-aside order which earmarks 60 percent of all federally inspected lard in the country for military use. However, because the order does not affect non-federally inspected lard, only about 40 percent of the nation's lard will be purchased by the government. This set-aside also goes into effect on January 21. Thus the joint action not only provides shortening for war use, but assures equitable distribution of the remaining supply to American homemakers.

The reason behind the action, of course, is the increasing war requirements, coupled with a decrease in the marketing of hogs in the great processing centers of the country. The recently announced decrease of twenty-six percent in our hog population is being offset now by a drive to have farmer-producers raise more pigs this spring. The resulting increased marketings will in time bring more pork, pork products and lard into consumer and military channels.

CHEESE TIDBIT

No more...no less cheddar cheese for civilians...that's the story in spite of rising milk production. Like the folks at home, the lads and lassies in service favor cheese, while among our allies, it's an old standby food. So most of the extra cheese resulting from the greater amount of milk produced will go abroad. Your listeners may want to know that the War Food Administration aims to keep civilian supplies of cheese fairly level whenever possible. During February we'll receive about 33,000,000 pounds, and that's approximately what we've been getting in recent months. Above that constant line, any rise and fall in amounts of cheese will reflect in the set-asides for non-civilian use. During March and April if milk production climbs as expected, even more cheese will feed our uniformed men and women and our allies.

RIDING THE WAVES

Figures have been released on the amount of food and agricultural products that left our shores last year for our allies under lend-lease. From shipside to ship...across oceans...and off again on distant piers, went some seven billion pounds of produce in 1944. This is over four billion pounds short of 1943 deliveries.

Meat and meat products led in the supply line with a total exceeding two billion pounds. Next in importance were dairy products and grains and cereals, with deliveries totaling over a billion pounds each for these two food classifications. Lend-lease deliveries went to the United Kingdom and other British possessions, Russia, Greece, West and North Africa, the Netherlands, Poland, Yugoslavia and the French Committee of National Liberation. When you're covering the lend-lease story, you may want to consider reverse lend-lease features too. In Radio Round-Up, December 2, we mentioned, for example that Australia and New Zealand are devoting 18 percent of their total war budgets to the United States armed forces.

GARDENS WITH A DASH

If any of your listeners are wondering about the importance of home gardens this year, tell them the principal reason for having Victory gardens in the past still holds true. And that is...the high military requirement for our commercial pack of fruits and vegetables. Right now that supply is going to 56 theaters of war. The 1944-45 pack is already allocated among civilians, military and other war claimants. So any supplementing of civilian supplies this year must be done by home gardening and canning.

Gardeners will find vegetable seeds, fertilizers and insecticides in good supply. There was a bumper crop of vegetable seeds from the commercial producing areas last year. Of course, if all gardeners waited until near the planting season to place their orders, a bottleneck in deliveries could develop.

Do your garden shopping early

The same grades of fertilizers will be sold as last year. This means that for the Atlantic seaboard the formula will be 5-10-5...in case you're not up on this code it means 5 parts nitrogen, 10 parts phosphoric acid and 5 parts potash. The formula for the central states, including the corn belt, will be 4-12-4. And for the West the formula is 6-10-4.

While the outlook for insecticide supplies is about the same as last year, the gardener who wants rotenone (ro-te-non) should place his order early. So just in case there might be delays in deliveries, tell your listeners to get out their garden catalogues early and place seed, fertilizer and insecticide orders well in advance of planting days.

ANOTHER ROW TO PLOW

No slackening demand for farm products is in prospect as long as fighting continues in both Europe and Asia. So farmers are raising their sights to another war record in food production. Continued high demand for meat makes it vital that hog producers meet the goal of 57 and a half million spring pigs, and that a larger number of cattle be slaughtered. There is a call for increased milk production, also for more vegetables for processing.

Some acreage will be shifted in line with the changing war demands. For flaxseed, sugar beets and cover crop seeds, the goals have been materially increased over last year. Moderate increases will be asked for dry beans, potatoes and tobacco. All in all the new goals call for 363,635,000 acres of this country in food or fiber crops...that's 3 percent larger than the planted acreage in 1944.

FRUIT FROM FAR AND NEAR

ALMOND.....The seed vessel of the almond is so hard and stony that we class it as a nut. However, the almond grows with a thin layer of flesh covering the stone, and is actually a stone fruit related to the peach.

PLUM.....The plum has been known in China for centuries, and many legends are built around it. Because the plum blossoms appear before the leaves, it appears that the flowers come from dead wood. For this reason, the Chinese use a plum tree as a symbol of immortality.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUY-----Oranges
IN MODERATE SUPPLY-----Apples, grapefruit. Limes (reasonable)
IN LIGHT SUPPLY-----Avocados (slightly higher). Bananas (ceiling). Grapes
(from storage). Lemons (ceiling). Persimmons, pears,
tangerines
BEST VEGETABLE BUYS----Lettuce, carrots, yellow onions, celery, banana squash
IN MODERATE SUPPLY-----Cauliflower (slightly lower). Chayotes. Cabbage (lower).
Tomatoes, rutabagas, sweet potatoes, bunched vegetables,
mustard greens
IN LIGHT SUPPLY-----Potatoes (ceiling). White onions (ceiling). Peas, snap
beans (best at ceiling). Italian and white summer squash,
artichokes

San Francisco

BEST FRUIT BUYS-----Apples, grapefruit, oranges
IN LIGHT SUPPLY-----Avocados (slightly higher)
BEST VEGETABLE BUY-----Cauliflower, lettuce, banana squash
IN MODERATE SUPPLY-----Soft summer type squashes (higher). Artichokes (slightly
higher). Tomatoes (slightly lower). Cabbage, celery,
onions, sweet potatoes
IN LIGHT SUPPLY-----Potatoes, mushrooms (lower)

Portland

BEST FRUIT BUY-----Small size oranges
IN MODERATE SUPPLY-----Choice grade oranges (lower). Grapefruit (lower). Apples
IN LIGHT SUPPLY-----Lemons (lower)
BEST VEGETABLE BUYS----Lettuce, cauliflower, carrots, green onions
IN MODERATE SUPPLY-----Potatoes. Onions (slightly higher). Cabbage (ceiling).
Root vegetables, winter squash
IN LIGHT SUPPLY-----Artichokes

Seattle

BEST FRUIT BUY-----Apples (ceiling)
IN MODERATE SUPPLY-----Arizona grapefruit (lower). Texas grapefruit (ceiling)
IN LIGHT SUPPLY-----Avocados (higher). Emperor grapes (fairly reasonable).
Cuban pineapples (season over soon). Florida tangerines
BEST VEGETABLE BUYS----Lettuce and tomatoes
IN MODERATE SUPPLY-----Brussels sprouts (lower). Cabbage, carrots, cauliflower,
celery, beets, turnips, rutabagas (reasonable). Texas
spinach, local Hubbard squash (slightly higher)
IN LIGHT SUPPLY-----Broccoli (scarce and high). Potatoes (ceiling)

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U. S. DEPARTMENT OF AGRICULTURE



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
January 27, 1945

I N T H I S I S S U E

- IF YOU'RE TALKING ABOUT MEAT.....A good many factors have added up to cause the present meat shortage across the country. Here they are, listed and explained...and it really isn't so bad after all.
- THE FAT AND THE LEAN.....The fats are rationed, now, but there are many ways to conserve them, stretch them, and get the most from every drop. And don't forget to remind housewives that salvaged kitchen fats are needed as much as ever.
- MACARONI DANDY.....Supplies of macaroni and spaghetti and the other semolina products are good this year...and there are many ways to prepare them as meat stretchers.
- CHURN ABOUT.....There's less butter on the home-front, now, so the Army is also getting less per man...and the supply is supplemented with un-rationed spreads.
- WHAT'S IN A BAG.....The supply of pulpwood is still slim, so we must continue to conserve paper bags.

US Department of Agriculture
Food Distribution Administration

IF YOU'RE TALKING ABOUT MEAT

The lament of many a meat shopper these past days has been "Is that all you have?" Wholesalers and butchers aren't very happy either when the selection they can offer narrows down to cold meats and weiners. But why this shortage of meat across the country and particularly in the East, Northeast and California coastal areas?

There are two outstanding reasons...the increased take by the military services and a drop in meat production...both a seasonal decline and a drop in the total number of livestock available.

Army takes its full allocation now

Let's look for a few minutes at the increased demands of the armed forces... or rather the full take by military buyers. Sometimes in the past year, meat allocated to non-civilian claimants was not all picked up, and this remainder was released to civilians. This quarter, from January through March, civilians cannot expect any such windfalls or surpluses above the amount of meat actually allocated to them. The army now needs its full allocation. To assure this, there is a 100 percent set-aside order on all beef slaughtered in federally-inspected plants. Now this doesn't mean the military buyers are taking all this beef. They are limited to buying 60 percent of all choice, good and commercial grades of beef in these federal plants. But civilians aren't getting their 40 percent until the military buying is completed, and this sometimes delays the release of meat a few days. Also some of the utility grade beef which civilians used to get is going into canned meat items for the armed forces...at present 50 percent is being used for canning purposes.

Peak marketing season is past

As for the drop in meat production, the peak season for marketing and slaughtering cattle and lamb is in September and October. So right now fewer cattle are marketed for distribution, and meat held in storage centers didn't move out into deficit areas before more strict rationing went into effect. There was a great enough demand locally to absorb much of the supply. Now that 85 percent of our meats are back on rationing, supplies will move better into deficit areas, but it takes some time to make the adjustments all down the line and for shipping. As for pork...while the spring pig crop is marketed chiefly in December and January, the crop is 25 percent smaller this season than it was during the same period in 1944.

Bad weather makes a difference, too

Another factor which might cause a temporary shortage of meat in certain areas is bad weather. Bad weather for just a couple of days near supply centers ties up transportation, and deficit areas depending on regular shipments are depleted of meat. Because of these military and supply factors, the allocation of meat for civilians for January through March is about 700 million pounds less than the amount of meat eaten during October to December. This means 15 to 20 percent less meat per person for the current three months than was consumed during the last three months of 1944.

THE FAT AND THE LEAN

Butter, margarine, lard, shortening and salad oils are rationed because our wartime appetite and our military needs outrun the supply.

Though these fats and oils are shorter, none of us need go hungry for this energy food. Tell your listeners that though they can't always get the kind they prefer, fats can be alternated, measure for measure, in many recipes. And as sources of energy the different cooking fats are practically interchangeable...one tablespoon gives 100 calories. Also we get a great deal of fat in our daily food in "invisible" ways...in milk, cream, fat meat and oily fish, egg yolks, cheese, nuts, nut butters...even avocados and olives.

Besides energy, fats give the diet a "staying quality". Fat leaves the stomach more slowly than other kinds of foods and retards the digestion of foods when used in combination with them. Too much fat, however, may result in undue slowness of digestion and in digestive upsets. How the fat is used in cooking also has much to do with its ease of digestion. Too much heat during cooking will spoil the flavor of fats...and foods cooked with them. When fat reaches the smoking point, it is breaking down chemically and gives off fumes that irritate the nose and throat. Food cooked in smoking fat is harder to digest. And fats that have reached the smoking point get rancid more quickly if they are saved for re-use.

Don't use too much fat

Another point for broadcasters to stress is the accurate measuring of fat. More than the necessary amount can result in greasy gravies and sauces, oily pastries, poor biscuits and fallen cakes. And when the fat is used as a seasoning for vegetables, add it just before the vegetables come off the stove or after they have been put in a serving dish. This way the cook can get more flavoring effect from less fat. And to be thrifty with salad dressings, add them at the last minute...or at the table if possible. This keeps the dressing from settling to the bottom of the bowl and being left uneaten. Flavorful fats, such as butter, are least abundant of all; so should be used with foods where flavor will count most.

Storage is another factor to consider. The best way to keep fats is in a closely covered container, in a dark place and away from strongly flavored foods. Most fats need to be cool, although some cooking fats keep well at room temperature. Also, fats saved over from cooking spoil more quickly than new fat. So they should be kept cold and used as soon as possible.

Remember that salvage can and fill it often

All left-over fat can be saved to use again unless too strong in flavor or scorched. The flavor of lamb, mutton and other such fats can be disguised by combining these fats with onions or mixed vegetables or by using them as shortening in the crust of meat pies or in spice cakes. Any fat that can't be used as a spread or in cooking should be strained into the salvage can and turned in at the butcher's counter. The war in the Pacific has cut off an important source of our fat imports and the used kitchen fats turned in by American homemakers end up in munitions or other industrial uses so important to the war program.

MACARONI DANDY

Now that it's time to get out the recipes for meat-extendors and meat-alternate dishes, it's good to know that macaroni, spaghetti and noodles are on the plentiful foods list. These wheat products have been a number one meat stretcher for a long time.

Most people, too, are surprised to learn that macaroni and spaghetti contain as much as thirteen percent protein. So when these macaroni products are combined with cheese or eggs or ground meat, they not only supply a lot of energy but they add to the protein of the dish.

Spaghetti and macaroni are made from hard varieties of wheat. "Durum" wheat used for our choicest macaroni products, was introduced into this country about forty years ago by Mark Carleton, a scientist with the Department of Agriculture. Mr. Carleton had travelled in Russia, and because he was a breeder of wheat he thought that the hard wheat grown on the Russian plains would flourish in our Midwest. He brought some of this hard wheat home and it does grow well on our plains.

Durum wheat is particularly good for macaroni products because of its protein content and color...it gives a light yellow color to these products. It's crushed into a fine granular form called semolina (sem-o-leen-a). Then the semolin is mixed with water and kneaded into a smooth dough. The dough is forced under pressure through holes in a cylinder which give the desired shapes...long tubes of macaroni, fine threads of vermicelli, macaroni shells or alphabet letters.

Noodles can be made of semolina or ordinary wheat flour. When the amount of eggs have been added according to federal regulations, noodles are called "egg noodles". A macaroni or spaghetti dinner can be well-planned and nutritious. Broadcasters will want to point out, though, that these foods are soft textured, bland in flavor, and colorless. Accompanying foods must supply the missing factors. A tossed green salad with oil dressing adds contrast in texture and color to the macaroni dish. The dessert at this meal might be on the light side...fresh fruit or sherbet.

CHURN ABOUT

Fair play is one of the things the Quartermaster General of the army believes in. So if there's to be less butter on the homefront, the army can do with less too. In 1944 the army bought almost 13 percent of all the butter produced. This year the army intends to buy only a little over 12 percent of the total supply. With increased personnel, this means less butter per G.I. Each man's daily quota of two ounces of butter has been cut to about 1 1/8 ounces a day. Personnel overseas will get even less.

But the Quartermaster Corps hastens to add that Joe still gets a good share. As compensation, the army has increased the quantity of spreads served in camps here and in the frontline mobile kitchens. These spreads ship well and the pitch is the more the merrier so far as varieties go.

You might want to suggest that your listeners take a tip from the army and supplement their precious butter supply with a variety of unrationed spreads. Two of the most plentiful are citrus marmalade and apple butter. Both of these are on the G.I. bill of fare.

-5-
DIVIDING A BILLION

You've read about the all-time record wheat crop in 1944...but how about considering this crop from a division and use point of view?

To begin with our farmers...they reaped over a billion bushels of wheat last year. Right now a considerable portion of this crop is stored in bins on the farms, in terminal warehouses, in flour mills and in grain elevators. In some areas where the crop exceeded local regular storage space, some wheat is stored in temporary steel and wood bins until it can be moved to market.

About 530 million bushels of wheat will be used as food in this country. This is about the same as the domestic demand in the previous year. Eighty million bushels or so are needed for seed. We'll probably export about 100 million bushels. Then another 230 million bushels will go for livestock feed, and 70 million bushels will be used to make industrial alcohol needed in the manufacture of synthetic rubber and munitions.

The remainder, plus what we had in reserve before the fall harvest, will leave a carry-over figure of about 400 million bushels...a much smaller carry-over than in July 1942 and 43, but somewhat larger than in July 1944.

No wheatless days this time

This supply of wheat means that bread and cereals will be plentiful for Americans throughout 1945. During the first World War...in 1918...homemakers were urged to have two wheatless days a week and one wheatless meal each day. Also in 1918, regulations were issued forbidding the sale of wheat flour to an individual consumer without an equal amount of wheat flour substitutes...such as cornmeal, corn grits, oatmeal or rice.

If your listeners like their cereal in breakfast food style, they might be interested to know that about 5 percent of the yearly wheat crop is used for cereal breakfast foods. While the grain outlook is favorable, the cereal industry does face problems of paper container supplies and sugar supplies...also the problems of labor and shipping common to all manufacturers.

Cereal manufacturers at present receive 60 percent of the sugar they used in 1941 for their products. This hasn't been cut for 1945, but cereal use has increased, so manufacturers must stretch their sugar supply. Similar quota restrictions stand on containers. The amount of container board a manufacturer gets is 100 percent of the amount used in the corresponding quarter of the year in 1942. So again expanding cereal use means that paper supplies will continue short.

America at peace gets approximately one-third of its entire protein supply from grain foods. And this protein becomes highly effective in combination with such foods as milk, eggs, meat, fish or cheese. Whole wheat and enriched bread and cereals also contribute a worthwhile share of the B vitamins.

FOOD NOTES FROM 18th CENTURY WRITINGS

GARLIC.....The romans gave garlic to their laborers to strengthen them, and to their soldiers, since they belived that garlic made them more courageous. They also fed garlic to their game-cocks, previous to fighting them.

CANDY ON THE "MIDWAY"

Our boys and girls in the armed forces like their candy...and they're getting their supply in many forms at various supply centers. In addition to army rations, many of which contain candy, members of the armed services buy large quantities of confectionery products through PX's, ship services stores and similar agencies. So that there'll be an adequate stock in these places, the War Food Administration requires confectionery manufacturers to set aside 50 percent of their monthly production. From this reserve the various services make purchases to keep the overseas and domestic military outlets supplied.

Allied fighters in the South Pacific get the major part of the candy made by one of the pineapple companies in Honolulu. Here's the reason why this company ...which never had made candy...went into the business.

At the beginning of the war, shipping was extremely scarce. It was deemed an extravagant use of available freight space to transport sugar from Hawaii to the Mainland and have it returned to the Pacific theatre in the form of candy. To assure candy bars for the South Pacific forces and to eliminate cross-hauling, it was recommended that Hawaiian sugar be manufactured into candy nearer the front lines. This pineapple plant in Honolulu offered its help to the army. It had most of the machinery and adequate sugar, so was given the job. One of the popular confections it is now making is a chocolate-coated peanut bar. The Spanish-type peanuts used in the bar are shipped from Texas to Honolulu.

WHAT'S IN A BAG

Paper, like hundreds of other American-made items, is doing its part to win the war. But we wonder if your listeners ever considered paper as a crop that is harvested from the soil. The crop, of course, is pulpwood from which most paper is made. The actual cutting of pulpwood in the forest involves plenty of hard work. Today a large amount of such wood is being produced by older men and boys not of draft age---and in many instances by patriotic women, too. Furthermore, trucks are needed to haul the wood to the paper mills where it can be converted into paper products, and trucks require tires, gasoline, and oil in addition to drivers. All this has resulted in a decided drop in the pulpwood stocks throughout the country and a corresponding decrease in our national paper supply.

Homemakers can help conserve Kraft bags

Next to gun cotton or cellulose, kraft or heavy brown paper, ranks high among our war production needs. And that's where homemakers come into the picture. Kraft, or linerboard is used in packaging food, munitions, and some weapons for shipment overseas. Kraft is also used here at home to make - yes, you've guessed it -- paper bags. But there isn't enough kraft for corrugated boxes, and paper bags at the same time. So -- the situation calls for conservation on the part of American's home front army. Instead of throwing those extra paper bags away, save them and take enough of them with you, the next time you go to the grocers', to hold your purchases. This economy action will conserve the storekeeper's slender supply, and help reduce the drain of much needed kraft from war shipping and industry.

HONEY SUPPLIES GOING

By far the greater part of the 185 million pounds of honey...the 1944 crop. has physically and literally flown the "comb".

The Office of Marketing Services in the War Food Administration states that only a small percentage of 1944 honey remains in the hands of producers. This amount will probably be sold directly to housewives and neighborhood stores... instead of through commercial packers. In fact, much of our domestic honey has been sold directly by beekeepers to consumers because of the more favorable retail price for honey.

Though the beekeepers have sold most of their holdings, this doesn't mean that there will be no honey available during the rest of the winter and the spring months. Under present conditions, the honey packers who supply retailers bought their supplies early in the season and many of them have considerable stocks on hand. Also, some honey is being imported from Mexico, the Caribbean area and Central and South America to extend this supply.

So broadcasters who are recommending the use of honey as a "sugar saver" will want to check on local supplies. The amount in your area will depend on how much retailers and beekeepers have on hand.

"TAKE CARE" LEAFLETS

Metals, machines and labor that used to make civilian goods are now devoted to the production of war weapons. That after-Victory-day, when full production again begins for electrical irons, vacuum cleaners and other household equipment can not yet be marked on the calendar. So it's up to the folks at home to make that precious equipment last.

The Bureau of Home Economics in the Department of Agriculture has prepared a series of leaflets on the proper care of household equipment. One of these leaflets tells how to clean and oil and get the maximum use from vacuum cleaners and carpet sweepers. Another leaflet gives advice on making electric cords last longer. Still another gives pointers on how to protect and repair household rubber articles...such as galoshes, garden hose, hot water bottle, etc.

If you want to incorporate statements from these leaflets in your broadcasts just write the regional office of the War Food Administration, 821 Market Street, Room 700, San Francisco 3, California for your free copy of all or any one of the leaflets. Order the publications by number and title: "Take Care of Household Rubber", No. AWI-7; "Take Care of Vacuum Cleaners and Carpet Sweepers", AWI-19; "How to Make Your Electric Cords Last Longer", AWI-20.

You may want to recommend these folders to your listeners, but tell them to write the Office of Information, U.S. Department of Agriculture, Washington 25, D. C. as our regional office supply is limited.

FRUIT FROM FAR AND NEAR

PINEAPPLE.....Botanically, the pineapple is a berry...native to South America, this fruit was unknown to Europeans until Columbus discovered America.

BANANA.....The banana is also a berry...it once grew in a larger territory than it does now, having moved, as the world grew colder, to the tropics.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS-----Oranges and grapefruit (slightly lower).
IN MODERATE SUPPLY-----Apples. Lemons (ceiling). Winter Nelis pears. Avocados
(high).
IN LIGHT SUPPLY-----Tangerines (best at ceiling). Persimmons. Grapes (from
storage - fairly high)
BEST VEGETABLE BUYS-----Carrots, lettuce, banana squash
IN MODERATE SUPPLY-----Yellow onions, peas, tomatoes, sweet potatoes, celery.
Yellow chili peppers (lower). Bunched vegetables. Spinac
(rather high). Rutabagas, cabbage. Broccoli (lower).
IN LIGHT SUPPLY-----Potatoes (ceiling). White onions, cucumbers, lima beans,
snap beans, Italian and white summer squash. Brussels
sprouts (high)

San Francisco

BEST FRUIT BUYS-----Oranges and grapefruit
IN LIGHT SUPPLY-----Apples (ceiling). Avocados (high)
BEST VEGETABLE BUYS-----Broccoli, bunched vegetables, banana squash
IN MODERATE SUPPLY-----Artichokes, sweet potatoes, cabbage, onions
IN LIGHT SUPPLY-----Potatoes

Portland

BEST FRUIT BUY-----Oranges and Grapefruit
IN MODERATE SUPPLY-----Apples
IN LIGHT SUPPLY-----Grapes (high)
BEST VEGETABLE BUYS-----Lettuce, cabbage and tomatoes, spinach
IN MODERATE SUPPLY-----Onions, cauliflower, celery, sweet potatoes, winter squash
root vegetables, No. 2 grade potatoes and culls, bunched
vegetables
IN LIGHT SUPPLY-----Artichokes, Brussels sprouts, eggplant, peppers, peas,
No.1 potatoes

Seattle

BEST FRUIT BUYS-----Lemons (slightly below ceiling). Large and small size
oranges(considerably below ceiling). Medium size oranges
(slightly below ceiling)
IN MODERATE SUPPLY-----Apples (full ceiling). Arizona grapefruit (lower than
Texas). Texas grapefruit
IN LIGHT SUPPLY-----Avocados and grapes (high)
BEST VEGETABLE BUYS-----California lettuce (quality good - prices low). Mexican
tomatoes, cabbage
IN MODERATE SUPPLY-----Carrots, cauliflower, onions, Texas spinach, winter squash
Sweet potatoes (ceiling). Beets, carrots, rutabagas,
turnips
IN LIGHT SUPPLY-----Artichokes, broccoli, eggplant, cucumbers, peppers, potato
California peas. Zucchini squash (very high)



Radio Round-up *on food...*

A Service
To Directors of Women's Radio Programs

San Francisco, Calif.
February 3, 1945

I N T H I S I S S U E

- FORE AND AFT-----Through the help of the WFA's Industrial Feeding specialists, many factories in America have set up plant cafeterias..... here's an example of what has been done in a Pennsylvania concern.
- APPLE "ANY" DAYS-----Winter days are apple days...and there are so many ways in which they can be served - from raw, all the way down to fried. Here are some notes on the supply, various uses, and varieties available.
- CEREAL STANDBY-----Oatmeal is in good supply all over the country, and will continue to be a family favorite served for breakfast, in cookies, as a meat-extender in meat loaves, and baked in puddings for desserts.
- GREASED ACTION-----Salvaged kitchen fats are still vitally needed, and will be needed until the war with Japan is ended. Fats that can be used again in the kitchen should be kept in the ice box....the dirty waste fat should be kept in a convenient place in the kitchen and turned into the butcher regularly.
- HEAVE-HOE-----Yes, it's back to the Victory Gardens for America again this year...it's fun...it's healthy...and America needs plenty of gardens in '45.

US Department of Agriculture
Food Distribution Administration

FORE AND AFT

Many factories throughout the country have availed themselves of the War Food Administration's technical advice on setting up plant cafeterias. And the results really read like a before and after story. For instance, there's one factory in the farm section of Pennsylvania where the workers can apples for pies and make vinegar and apple butter. Up until this month, the only lunchroom the workers in this factory had was a big room with old long wooden tables and benches. At one end of the room a little cooking could be done over a small oil stove with a tiny portable oven. The farm women, who constitute 90 percent of all the employees, had to bring their lunches every day. And since their working day begins very early in the morning, they had to pack lunches for themselves while it was still dark. No milk was available at the lunchroom as there was no way to keep it cold.

The "after" part of this story came just recently. This whole factory is moving into a new building right across the way from the old one. The cafeteria and kitchen weren't overlooked in the plans. The management called on the War Food Administration's industrial feeding specialists to help plan a modern kitchen with electrical equipment and recommend menus. The workers will be able to buy hot nutritious lunches every day at a low cost. They will eat them at tables-for-four in a colorful restful cafeteria. The women are as thrilled with the prospect of these hot meals as they are happy to help out at the plant.

This is only one example of the change that has taken place in many plants all over the United States....a chance for workers to secure the balanced meals needed for health and vigor.

APPLE "ANY" DAYS

Dead-of-winter days call for warm apple dishes as well as raw apples to crunch by the fire while the wind roars down the chimney. Why not suggest to your listeners such combinations as apples scalloped with sweet potatoes, fried apples with pork sausage, apple stuffing with low-point spareribs, applesauce with gingerbread (it takes less sugar than almost any other cake.)

The East produces Winesaps, Delicious, Albermarle pippins, McIntoshes, Baldwins, York Imperials, Northern Spies, Stayman Winesaps, and Rome Beauties. Eastern varieties travel to market as far West as St. Louis. This year the winter apples found in fruit bins and stands east of the Mississippi are smaller sized than usual but in good supply.

The Northwest gives us Winesaps, Delicious, Yellow Newtons, and Rome Beauties shipping them nation-wide. While apples of the western crop this year are excellent in size and quality, civilians will not benefit one hundred percent. A new War Food Order calls for all Winesaps, Delicious, and Yellow Newtons in Washington and Oregon to be set aside for the armed services. As a result about 40 percent of extra fancy and fancy grades will go to our fighting men and women. The balance will be released for civilians.

Of the varieties on the market, "Rome Beauties" are for cooking only... "Delicious" strictly for eating out-of-hand or raw in fruit cups and salads. Any of the rest are good for all-purpose serving. Total commercial production of winter apples amounted to approximately 101 million bushels. Of these, Delicious led with 22 million...Winesaps and McIntoshes followed with 15 and 11 million respectively.

CEREAL STANDBY

We don't know for sure where the wild oat originated, but oats have long been associated with Scotland. They were eaten there even before the invasion of Britain by the Romans. And from a national dish in Scotland, oatmeal has gone around the world. Today, oatmeal is a standby cereal in American homes. Nor is it preferred sectionally since about 92 out of every 100 grocery stores in the country stock it. If there is any section where the demand falls a little off the average, it is in the southeastern part of the United States.

Right now oatmeal is one of our plentiful foods. The oat harvest in 1944 was well over a billion bushels. That puts oats second to corn in our cereal crop volume...with wheat in third place. Unlike wheat though, only a very small percentage of the oat crop is used as human food...less than 4 percent. About 530 million bushels of wheat are used as food in this country. In contrast, representatives of the cereal industry report that only 51 million bushels of oats will be used to process oatmeal....the food form for oats. Each bushel of oats yields only about 13 and a half pounds of finished product. But the resulting 688 million pounds of oatmeal mean nearly 5 pounds for every American. The remaining portion left from the million of oatmeal plus the rest of the oat crop is used primarily for livestock feed.

Oatmeal is a whole grain cereal

In milling oats, only the fibrous hull and adhering portions are removed; the germ and other high-vitamin and mineral-rich portions are left. Thus, oatmeal ranks nutritionally as a whole grain cereal rather than as a highly milled product. Oatmeal is considered richer than whole wheat in thiamine and is a good source of iron. Oatmeal, like other foods in the cereal class, is an important source of energy, valuable for its abundance, economy, ease of digestion and bland flavor. Oatmeal is also an important source of protein. And when cereals are combined with a little milk, meat or eggs, the diet is provided with good quality protein.

Oatmeal adds variety to the breakfast cereals. Right now, too, it has special value as a "meat extender" because it can be used in meat loaves, patties and croquettes. Oatmeal also has a place as a dessert...as an ingredient in cookies and in baked puddings with fresh or dried fruits and nuts.

THE WEATHER IS SOUPY

In menu arithmetic, nippy weather, plus little meat add up to hearty soups. You may want to suggest to your listeners fish chowders, chile, bean or pea soups with accent on the peas. Whole and split-peas are plentiful and well distributed to markets over the nation. White dry beans, while a bit on the light side, will appear on grocers' shelves more often than not...shortages are likely to be temporary. Pinto beans are on the plentiful list in some parts of the country--especially in the Southwest and other regions where they're popular. Lentils and black beans come to us from South of the Border, and since shipping space is scarce so are these beans in some northern markets. But whenever your listeners can get them, they'll find either lentils or black beans make luscious soups --- particularly appetizing when served with a bright come-on-touch -- like a slice of lemon or hard cooked egg.

SEEDS WITH BREEDING

When the farmer or Victory gardener selects a package of beet seeds at the store, he knows that the crop from them will be beets not carrots.

This faith in the purchase of correctly labeled seeds is the outgrowth of a seed law passed by Congress in 1912 and administered by the U.S. Department of Agriculture. This first act only regulated imported seeds. In 1926, an amendment was added forbidding false advertising or labeling on seeds shipped from one state to another.

Then the Federal Seed Act of 1939 required that all vegetable seeds shipped in interstate commerce had to be labeled as to exact variety. This Federal Seed Act is primarily a truth-in-labeling law; so standards of germination were also set up. If the number of vegetable seeds that will germinate is below the standard required, the seeds must be marked with the words, "below standard".

Part of the same law passed in 1939, requires field seeds, such as clover, alfalfa, corn, etc. to be labeled to show their quality. This stress on variety and quality for field seeds is important because the farmer can then pick the seed best adapted to the climate and soil conditions of his locality.

States have seed laws, too.

While the Federal Seed Act applies only to seed shipped in interstate commerce, many states have made their own seed laws to conform with the federal law. In the last fiscal year, 46 states cooperated with the federal government to make their seed inspections tie in with the enforcement of the Federal Seed Act.

The first time interstate seed shippers do not comply with the Federal Seed Act they receive a warning. If they repeat the violation, the War Food Administration may recommend prosecution to the United States Attorney. Another protective feature of the law is that seed may be removed from the market if it is unfit for planting.

GREASED ACTION

There's not much glamour associated with saving used cooking fats. But it might ease the monotony of this household task to know that salvaged fat can be converted into necessary military medicines. There is tannic acid used in the treatment of powder and gasoline burns, insulins used in the treatment of shock, vaccines, antiseptics and ointments.

The need for salvaging fat will continue to be important until the conclusion of the war with Japan because it is from areas held by Japan, not Germany, that a good percentage of our inedible fats and oils once came.

The stove top is a good place for the salvage can

The salvaged fat turned in to the butcher need not be the clean type that can be used again as a seasoning or for frying. Keep fat that is going to be reused in a container in the refrigerator. Have another container for dark or other unuseable fats in some handy place in the kitchen.

BE SAUCE-Y WITH TONGUE

Mild tongue needs a bit of sauce. All tongue meat, whether veal, lamb, beef or pork has a delicate flavor that goes well with raisin, horseradish, sweet mustard, mushroom or mint sauce...with sweet pepper relish, mustard pickle, or any tart jelly.

Most meat counters are displaying ration-free tongue these days...fresh, cured and smoked. And pre-cooked or pickled tongue, also ration free, in tin or glass is on many grocery shelves. When you give your listeners recipes for this variety meat, you'll want to stress the difference in preparation. Fresh tongue should be simmered for about three or four hours, then skinned and sliced. And part of the cooking water can be used in making a gravy or mushroom sauce for the meat. If the tongue is smoked, soak it overnight. Then cover it with fresh water and bring to the boiling point. Discard this water and repeat several times if the water tastes very salty. When you're ready to cook the tongue, add fresh water and cook slowly until the tongue is tender.

As for the supply...retail markets in places close to packing plant centers are likely to have more of this variety meat than distant regions. There's no set-aside order on tongues, reserving them for the armed services, but cooked tongues are popular with our fighting men and women and goodly amounts go to them. Jellied tongue, tongue loaf and other spiced forms ship well and stand in high favor with our Allies.

HEAVE HOE

Here are some facts that point up the need for continuing Victory gardens. Military and lend-lease requirements will siphon off one-half of the canned fruits, somewhat less than half of the dried fruits, one-third of the canned vegetables and practically all the dehydrated vegetables from the 1944-45 pack.

Since fresh fruits and vegetables are not suitable for overseas shipment under war conditions, we have to send canned and dried products. So civilians will continue to depend more on fresh, frozen and home-canned products as long as military and lend-lease requirements are high.

And that record set by Victory gardeners in 1944 is worth repeating. There were an estimated 18 and a half million rural and suburban gardens last year. What's more, home canners accounted for nearly half of the total civilian supply of canned vegetables, and two-thirds of the canned fruits. In nearly 25 million households there was some canning done with a total output of well over 3 billion quarts of home preserved food.

PLENTIFUL PEARS

For the winter fruit bowl, why not suggest pears? Pears are plentiful and cheaper this year than they were last. The number in storage on December first hit an all-time high, and while the supply has since dwindled there'll be pears on the market until May. Our winter crop comes almost entirely from the West Coast--Washington, Oregon, and California. Varieties include Bosc, Winter Nelis, Anjous, and some Comice...a large speciality pear, usually eaten with a spoon. The War Food Administration has no set-aside order on pears, since there are enough to assure the armed services of their just share and leave plenty for civilians. In normal times we exported many of the Winter Nelis variety to European countries, but shipping space now demands more precious cargo. What pears leave the country now usually go to naval ships.

BAGS FULL OF BAGS

The War Food Administration is asking housewives to conserve those heavy brown paper bags that groceries come in...the grocer must have help in making his small ration stretch to all his customers. So it's a good idea to remove the groceries, fold the bag in its original creases, and save it in a convenient place...perhaps in another bag tacked to a cupboard door. When it comes time to go to the grocery store again, take a bag or two from the supply, have the grocery fill it up with groceries again....as many times as possible. A good brown paper, or kraft bag, should be good for from 6 to 9 trips to the store.... if no damp packages ruin the paper.

Textile bags are scarce, too

The War Food Administration is also asking farmers to help prevent a shortage of textile bags. There won't be enough new ones in 1945 to meet our essential needs, so it will be necessary to save and re-use as many of the old bags as possible. The WFA requests that farmers sell any bags they don't need to local used-bag dealers.

All farmers buy things in bags:....feed, fertilizer, seed, flour, etc. Many farmers use bags in marketing their potatoes, beans and peas; rice, peanuts, seeds, wheat, barley and oats. Many other farm crops, made into such finished products as flour, sugar, livestock feeds, soya products and cereals, go to market in bags.

Also, farmers use large amounts of textile bags as picking sacks for cotton and fruit. They use textiles for irrigation canvas, harvester aprons, tobacco covers and vegetable seedbed covers.

But textiles for almost all purposes are short, so we must conserve what we have, and store it properly. Textile bags should be opened carefully, and NEVER cut. They should be emptied thoroughly, and spread out in a place where they will be protected from weather and rodents, before being sold to the local used-bag dealer.

Farmers who need bags to market their crops are urged to make arrangements now to get and use more secondhand bags than they did in the past. Many business concerns, including cooperatives, have carried on bag-conservation programs, and they are being asked to save even more bags now. The main thing to remember is for farmers and others who use or receive textile bags, is to take care of those bags, make them last, and keep them in use.

FRUIT FROM FAR AND NEAR

APPLES.....Throughout the ages, many myths have been built around the apple. In one set of legends from the East, a serpent guards the apple tree. In other tales, a dragon watches the apples of immortality hanging on the sacred tree. In still other stories, apples were the property of Idun, Goddess of Immortality, who kept them shut in a box. When the gods felt age creeping up on them, they only had to ask for a taste of the magic apples to renew their youth.

THE AROMA IS CAPTURED

Chemists at the Department of Agriculture's Eastern Regional Research Laboratory in Philadelphia have learned how to concentrate the volatile constituents of natural apple flavor up to two hundredfold. And even then, the concentrate contains only a few tenths of one percent of the actual flavoring material, but the aroma is captured and can be put to use. Perhaps they'll be asking us in restaurants before very long, "Would you like some baked apple flavor?"

Most of the flavor in an apple is concentrated just under the skin. The aroma depends on the apple variety used, and blends of different varieties will probably prove to be best in the long run. A concentrated baked apple flavor can be developed by increasing the time or temperature of heating the juice before removing the volatile flavor fraction. It should give a fine cooked flavor to some foods which are eaten cold.

The apple flavor costs in the neighborhood of 60 cents a gallon, labor included. It may become an industrial byproduct of materials now wasted. It can be used to make a commercial apple-juice concentrate taste like freshly pressed apple juice. Also, it can be used to flavor sherbets, ices and fruit jellies, table and coating sirups.

The principles of the process should be applicable to other fruit and berry flavors...all of which should point to a great future for the idea.

EGGS FOR FORTY-FIVE

There will be 8 to 12 percent fewer eggs in the United States during the next year, with fewer laying hens and pullets now on farms in this country than there were at this same time last year.

It looks as though there will be little change in the Western states, however, because egg production was increased less in this part of the country since the war began than it was in other sections. Egg production in the West has gone up only about 20 percent at a time when it has risen 42 percent in the whole of the United States.

Before the war began, the West shipped eggs to other states, but with the big increase in wartime population, the West has had to import eggs from other regions at times.

Right now, the Western states have an estimated $12\frac{1}{2}$ percent fewer laying hens and pullets than at the same time last year. The demand for shell eggs, however, will continue to be very strong. Since very little egg dehydrating is done in the Western states, the supply of eggs and the demand for eggs during the coming year may prove to be fairly well matched, and Western farmers may get better prices for their eggs than the average farmer in other parts of the country.

CALIFORNIA NOVELTY CROP

It might be interesting to note that 15,000 flats of tunas, or cactus fruits, were shipped recently from San Diego County, California, to New York, principally for the consumption of the Italian population there.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUY.....Oranges (lower)
IN MODERATE SUPPLY.....Grapefruit (higher). Winter Nelis. Limes (reasonable).
Lemons (slightly lower)
IN LIGHT SUPPLY.....Apples, tangerines. Anjou pears (ceiling). Bananas
(ceiling). Strawberries (ceiling). Grapes and persimmons
(storage)
BEST VEGETABLE BUYS.....Lettuce (lower). Carrots, banana squash
IN MODERATE SUPPLY.....Tomatoes (higher). Sweet Potatoes (ceiling). Celery
(slightly higher). Yellow onions, bunched vegetables,
cabbage
IN LIGHT SUPPLY.....Potatoes (ceiling). Cauliflower (high). Peas, eggplant,
snap beans, bell peppers

San Francisco

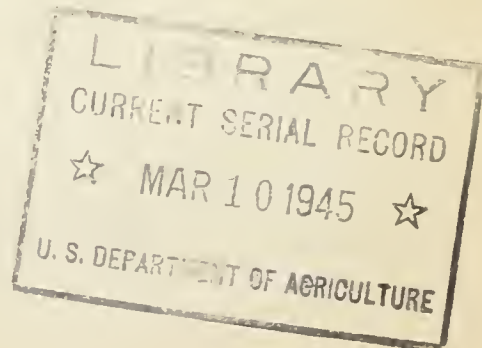
BEST FRUIT BUYS.....Oranges, grapefruit, small size lemons
IN LIGHT SUPPLY.....Apples (ceiling). Avocados and grapes (high)
BEST VEGETABLE BUYS.....Lettuce (lower). Banana and Hubbard squash
IN MODERATE SUPPLY.....Onions, tomatoes, sweet potatoes, bunched vegetables
IN LIGHT SUPPLY.....Rhubarb (hothouse). Potatoes, artichokes, broccoli,
cauliflower and the soft types of squash

Portland

BEST FRUIT BUYS.....Small size oranges, grapefruit
IN MODERATE SUPPLY.....Apples
IN LIGHT SUPPLY.....Avocados, grapes
BEST VEGETABLE BUYS.....Lettuce, carrots, turnips, beets, parsnips, rutabagas
IN MODERATE SUPPLY.....Celery. Cabbage (ceiling)
IN LIGHT SUPPLY.....Cauliflower, rhubarb, cucumbers, peas, eggplant and pepper

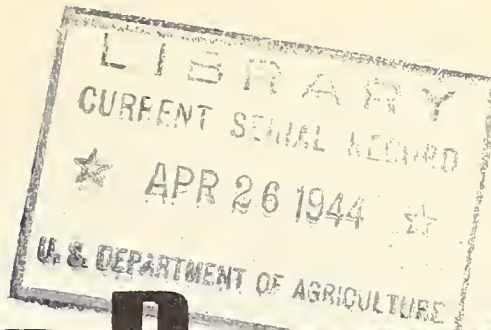
Seattle

BEST FRUIT BUY.....Grapefruit, navel oranges, apples
IN MODERATE SUPPLY.....Tangerines (season ending soon)
IN LIGHT SUPPLY.....Avocados (slightly lower). Grapes
BEST VEGETABLE BUYS.....Lettuce, tomatoes (below ceiling). Radishes
IN MODERATE SUPPLY.....Cabbage, bunched carrots, cauliflower. Celery (slightly
higher). Onions, broccoli and Brussels sprouts
IN LIGHT SUPPLY.....Artichokes, green peas, new red potatoes, hothouse rhubarb



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Radio Round-up on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
February 10, 1945

*****IN THIS ISSUE*****

PACK STACKS.....Farmers are producing another wartime record harvest, and packers are now making plans to process the harvest. Here are the divisions to be made between military and civilian consumers...for processed vegetables, fruits and fruit juices.

REFILLING THE "BREADBASKET".....Since the Russians have reclaimed the rich lands of the Ukrainian "Breadbasket", American seeds have helped to re-plant the land...20 thousand tons of seed, which will produce many more tons of food for the Russian people.

IT'S CORNY...AND AMERICAN.....Corn is an all-American grain...it's part of our early history, having been planted in this country by the Indians before the white man came. Only 7 percent of this year's corn crop will be used as human food. The rest goes into livestock and poultry feed and to industry.

HAVE A LOOK BEFORE YOU SPEAK.....It might be nice to suggest a good tapioca pudding for the housewives to make for dinner tonight...but a quick look at the grocers' shelves, proves the suggestion would be useless...there is some tapioca and here's the story on where it is going.. NOT into puddings..

US Department of Agriculture
Food Distribution Administration

PACK STACKS

Just as farmers are planning for all-out food production again this year, commercial canners have their eyes on a follow-up goal for processed fruits and vegetables. There will be no slackening of effort in canneries this year because army mess kits must be kept filled.

Many factors were considered before the size of the 1945 commercial pack was determined. There was Nazi resistance to consider, and the possibility of prolonged, bitter guerrilla warfare in Europe. Even with favorable events in Europe, a war of the first magnitude is being waged in the Pacific, and of course, successful military effort depends on adequate rations, and canned goods are important in a war when supply lines are growing steadily longer.

U.S. military and other government claimants in 1945 will probably require over 93 million cases of canned vegetables. That's at least 6 million more cases than they took in 1944. These same services will need over 35 million cases of canned fruits and juices...a figure slightly less than last year.

To meet these demands, the War Food Administration has required canners to set-aside about 48 percent of their currently estimated production of 15 major, or the more popular, vegetables and vegetable juices for war uses. If there is an increase in production, U.S. civilians should get about the same quantity of the 15 major canned vegetables from the 1945 pack as they did from the 1944 pack...or about 102 million cases.

Fruit and Fruit Juices

As for processed fruit...canners of 13 major fruits and juices (excluding citrus) are going to set aside about 61 percent of the currently estimated 1945-46 production for war requirements. Right now it looks as though production of canned fruits will be less this year. So even though the government requirements will be smaller, civilians probably will not find more canned fruit in the grocery store when the new pack is in. The civilian share of the 1945-46 pack for our 13 major fruits will be about 22 million 700 thousand cases compared with almost 24 million cases from last year's pack.

Since our armed forces must have enormous quantities of canned foods, civilians will need to supplement their commercial stocks of canned fruits and vegetables with Victory garden produce and home-canned foods.

FOR FIGHTERS FIRST

The army needs 70 million pounds of canned chicken and turkey for use in hospitals, army field rations and for shipment overseas. So that these military demands can be met, the War Food Administration has issued a Food Order setting aside 100 percent of the poultry canned after February 14. Stocks of canned chicken and turkey now on hand for civilians are not affected.

To get the 70 million pounds of canned poultry, between 200 and 250 million pounds of dressed chickens and turkeys will be needed. And practically all available poultry canning facilities in the United States will be used. Until the Order is filled for the armed forces, no more canned turkey or chicken...including chicken soup, chicken a la king, etc. will be made for civilians.

REFILLING THE "BREADBASKET"

American seeds are going to help the Russians bring back the rich land of the Ukraine into production. Already 20 thousand tons of seeds...enough to fill two cargo ships...have started on their way from this country in time for spring planting in the Soviet Union. This is the first half of the yearly delivery of seed to Russia which was formerly agreed upon.

As you know, earlier in the war, Germany overran about 150 million acres of the Ukraine, often called the Soviet breadbasket. This meant that nearly 40 percent of the Soviet Union's important agricultural area was out of production, so far as Russia was concerned. And when the Germans retreated from the Ukraine in 1943 and early 1944, they applied the scorched earth policy to nearly 60 million acres.

The Germans stole Ukrainian machinery, livestock and manpower

Then the long, hard road of rehabilitation had to start for the Russians who claim this rich soil as their homeland. Not only was the growth on the land destroyed, but the retreating Germans carried off farm machinery and livestock. In addition, many of the inhabitants were gone. Some had moved East to escape the advancing Germans, others were in the army, and many of the able bodied ones had been sent to forced labor camps in German-held territory. Despite these tremendous setbacks, the Ukraine produced substantial amounts of food in 1944. And now American seed will permit the production of greater amounts of food in 1945.

The Russians grow Victory Gardens, too

The bulk of the vegetable and field seeds shipped will be used on the large collective farms in the Ukraine. But there will be some for home Victory gardens, too. Even during the siege of Moscow, 200 thousand Russians around that city raised Victory gardens with seeds largely from America. Those seeds were so precious that a few at a time were often tucked away in the cabins of ship captains who carried munitions through the dangerous run to Murmansk.

New seed industry in America

This "seed help" from the United States has been made possible through the development of a new industry in America. Before the war, this country imported a good portion of its seed from Europe. We didn't produce enough to sow our own crops. For the last three years, the United States has grown enough seeds to furnish its own essential needs and export some to our Allies. It's interesting to note that we even developed hardy, early maturing vegetable seed that would suit the stern climate of the Ukraine.

In terms of shipping, those 20 thousand tons of seed sent to Russia are also important. The seeds will require the full space of only two cargo ships for one trip. Many thousands of vessels would be required to transport the foods that could be produced from the seeds. For example, a pound of cabbage seed may well produce 200 thousand pounds of cabbage.

IT'S CORNY....AND AMERICAN

In what looks to be a serial on cereals in Radio Round-Up, we can't overlook a chapter on corn. Pages could be written about the part this grain has played in the Western World. Maize, or corn, meant life for many Indian Tribes, and was featured in their ceremonials. It was sustenance to the first settlers in the New World, and corn "husking bees" in pioneer days offered one of the chief opportunities for social life.

Unlike wheat and rice and oats, which are products of the Old World, corn is part of the history of American civilization...one of our heritages from the Indians. The wild parent plant has never been discovered, but Indian corn appears to have originated on the plateaus and foothills of Central America and South-eastern Mexico. It was an important factor in building the Inca and Aztec civilization. Indians, as far north as Colorado, east to the Atlantic Seaboard, and as far south as Argentina, raised corn as a major source of their food supply.

The Indians taught the first settlers how to raise and use corn. The Spanish introduced corn to Europe, and the Portuguese distributed it along the African coast and probably to China and India.

Due to the war, we don't have current figures on the world harvest of corn. But ordinarily the United States grows about 60 percent of the world crop. Last year the harvest in this country was over 3 billion bushels...the largest in our history and 53 million bushels over the previous record crop in 1942.

Most of our corn goes to livestock and poultry

Only about 7 percent of this crop will be used as direct food. In contrast about half of our wheat crop and 5 percent of the oat crop will be used as food. The greater share of our corn...88 percent...will be fed to livestock and poultry. The remainder will go for seed and non-food industrial purposes...starch, for example.

Corn as a food is especially important in the South where it is used in the form of grits, pone and bread. The amount used in the South is much greater than in other sections of the country, but on a national average each of us eats about 33 pounds of corn meal and flour a year. About another three pounds per person is eaten in the form of hominy, grits and breakfast cereals.

Our most popular corn meal dish---cornbread or johnny cake--was derived from the Indian recipe. According to some stories, johnny cake was first called "journey cake". When the Indians prepared for a journey, they made their coarsely ground corn meal into a thin batter and baked it on hot stones. Then they packed the cake to carry and ate it along the route.

Plenty of corn-food products

Because of our bumper corn crop, there will be plenty of cornmeal, flour, hominy, grits, breakfast cereals...also starch---for food this year. Corn syrup and corn sugar will be in better supply than last year. Corn sweeteners are preferred in certain types of candy and icing for bakery goods because of their effect on texture and flavor. In ice cream, too, corn sugar produces a product with a fine creamy texture. While our production of corn syrups and sugar is high, there won't be enough for all civilian demands because we must share our supplies with military and export requirements.

HAVE A LOOK BEFORE YOU SPEAK

In Radio Round-Up we try to explain which foods are in seasonal abundance and which are scarce due to wartime conditions. In case you would like to suggest tapioca pudding for a family dessert...but have noticed that tapioca is missing from the grocers' shelves...here is the story on the present supply. There are still small quantities of tapioca allocated for civilian use. But the amount available is so small that your listeners probably won't be able to find any tapioca at retail stores.

First of all, the industrial uses for tapioca are now very high. Tapioca is an essential ingredient in the making of adhesives, pharmaceuticals and the jelly coating on photographic films.

Not much tapioca for the dessert course

Also the plant that gives us tapioca is not grown in this country. Our tapioca at present comes chiefly from Brazil and the Dominican Republic in the West Indies. The large roots of the manioc or cassava shrub are processed into granular or pellet tapioca forms. This manioc plant is native to South America, although it is now grown in many tropical countries throughout the world. The war has stopped our imports from the East Indies.

So since shipping restrictions limit the supply now coming into this country, and war and industrial demands take most of the available tapioca, there will be few tapioca puddings for the home folks.

A NOTE ON ARROWROOT

Arrowroot is another of our starch foods which is also in limited supply. Arrowroot comes from the roots of the maratana shrub. We get our stocks from the British West Indies and shipping is restricted now. Of course, it isn't the usual thing to ask for arrowroot at the grocery store. We get our arrowroot as an ingredient in pudding mixes and in cereals for infants. This fine powder is one of the most easily digested starches, and manufacturers of crackers, cookies and thin cakes also use it to give their products a fine texture and delicate flavor.

JUICE-C FRUIT

Tell your listeners not to overlook the advantages of smaller-sized oranges when they are buying this popular citrus fruit.

Scientists at the Orlando, Florida laboratory of the U.S. Department of Agriculture have made studies of the quality of Florida oranges. By sampling and testing oranges ready to go to market at varying times of the marketing season, they found that the juice from small oranges averages better in flavor....than that from larger fruit. The juice from the small oranges is also richer and sweeter...with more solids. Even the vitamin C value averages higher. So if buyers judge oranges by juice quality alone, those smaller oranges would probably bring a higher price than some of the big oranges.

FOOD TIPS FOR INDUSTRY

Industrial feeding specialists in the War Food Administration have just released a pamphlet, "Making The Most Of Meat In Industrial Feeding", as a help to restaurant and industrial food managers, who must now plan menus with limited supplies of meat. The 29-page bulletin discusses problems of juggling ration points, using less tender cuts of meat, handling and storing meat, and ways to cook and extend it.

The recipes in the book are set up for the service of 100 or 500 portions, and are of interest chiefly to those who plan mass feeding. However, here are a few facts from the book to show that the homemaker, who is planning a family sized meal, and the mass-foods manager have mutual nutrition problems.

Meat supplies protein, the B vitamins and iron. Meat-extender dishes made largely with vegetables and cereal products may be low in one or more of these nutrients. In order to balance the meal, this type of meat-extender dish should be combined with other foods to supplement the nutritive value. For example, Spanish spaghetti made with small amounts of meat is improved in protein content when topped with grated cheese. And baked green peppers stuffed with rice and minced ham are supplemented in protein and vitamin content when a glass of milk is served with the meal.

Serve large portions of meat-extendors

Another thing the pamphlet points out is that meat-extendors...with little meat and good amounts of cereal and vegetables...should be served in six to eight-ounce portions. A good-sized portion is necessary to provide protein in adequate amounts.

While the pamphlet is available only to industrial and institutional food managers, broadcasters may obtain a free copy by writing the region office of the War Food Administration, 821 Market Street, Room 700, San Francisco 3, California.

FRUITS FROM FAR AND NEAR

PEARS.....Pears grew in the temperate sections of Europe and Asia before history began, and a different species was evolved on each continent. Although the pears of Asia were never so good to eat as the European ones, they were cultivated for their beautiful blossoms.

Pear wood is hard and has a very fine grain, and it was used in Asia to make the blocks from which artist's drawings were printed.

A Chinese Emperor who lived around 600 AD founded a College of Music in a pear orchard, and for many years, the members of the theatrical profession were called "The Brethren of the Pear Orchard."

Because it bore fruit for so many continuous years, the pear tree was symbolic of long life in Asia.

THOSE VEGETABLES ON THE SHELF

Now that many fresh vegetables are scarce in the grocery stores, and most of the commercially canned ones are rationed, many housewives are beginning to draw on their home-canned supply.

Here are some suggestions as to how to use the home-canned products in attractive and appetizing ways.

EGG VEGETABLE CUTLETS

3 cups mixed canned vegetables	1 teaspoon salt
2/3 cup uncooked oatmeal	dash of pepper
1 tablespoon chopped onion	3 or 4 beaten eggs
2 tablespoons fat	

Melt fat in a frying pan, mix ingredients together and drop into the pan by spoonfuls. Brown on both sides. Makes 12 cutlets.

SCALLOPED CORN AND TOMATOES

2 1/2 cups canned tomatoes	1/2 teaspoon sugar (if desired)
2 cups drained canned corn	1 teaspoon salt
1/4 cup minced onion	pepper to season
2 tablespoons minced green pepper	bread crumbs (1 to 2 cups)
(if desired)	fat

Combine the ingredients, with the exception of bread crumbs and fat. Place in a casserole or baking dish, alternate layers of the corn and tomato mixture and soft bread crumbs, topping with a layer of bread crumbs dotted with fat. Bake in a moderately hot oven (375 degrees F.) 20 to 30 minutes. Serves 6.

VEGETABLE CURRY

1/2 cup uncooked rice	1 cup canned peas
2 quarts boiling water	4 tablespoons fat
1 cup diced onion	1/2 teaspoon salt
1 cup diced carrots	1/4 teaspoon curry powder
1 cup diced celery	2 tablespoons Worcestershire sauce

Wash the rice and cook in 2 quarts of boiling salted water until tender. Drain, rinse with cold water and allow to stand over steam until the grains swell and separate.

Cook the onion, carrots and celery in a small amount of water. Just before removing from the stove, add the canned peas. Add 4 tablespoons of fat to the vegetable water, with salt, curry powder and Worcestershire sauce. Make a ring of the cooked rice on a hot platter. Pile the vegetables in the center, pour the liquid over them, and serve at once. Serves 6.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS-----Orange, grapefruit
IN MODERATE SUPPLY-----Lemons (slightly lower). Apples (ceiling higher).
Winter Nelis pears, limes
IN LIGHT SUPPLY-----Grapes, Anjou pears, few Cuban pineapples (high)
BEST VEGETABLE BUYS-----Lettuce, cabbage
IN MODERATE SUPPLY-----Celery (higher). Yellow onions (higher). Sweet potatoes,
Peas (best at ceiling). Bunched vegetables. Cauliflower
(lower). Tomatoes, banana squash (reasonable)
IN LIGHT SUPPLY-----Potatoes. White onions (ceiling). Snap beans, artichokes,
Brussels sprouts, eggplant. Bell peppers (ceiling).
Summer type squash (high)

San Francisco

BEST FRUIT BUYS-----Oranges, grapefruit
IN MODERATE SUPPLY-----Grade C apples, Watsonville Newton, Pippins - (quality
good), lemons (small sizes lower). Winter pears
IN LIGHT SUPPLY-----Top grade apples
BEST VEGETABLE BUY-----Lettuce, banana squash, Hubbard squash
IN MODERATE SUPPLY-----Tomatoes (slightly lower), cauliflower (lower), cabbage,
onions, sweet potatoes
IN LIGHT SUPPLY-----Celery, soft squash (slightly higher), potatoes

Portland

BEST FRUIT BUY-----Grapefruit (reasonable)
IN MODERATE SUPPLY-----Apples, oranges, Florida tangerines (ceiling-reasonable)
IN LIGHT SUPPLY-----Avocados (high). Grapes (high)
BEST VEGETABLE BUY-----Texas spinach, cabbage, lettuce
IN MODERATE SUPPLY-----Celery, tomatoes, homegrown Brussels sprouts, carrots,
rutabagas, turnips, beets and parsnips (reasonable).
New crop mustard greens, local green onions
IN LIGHT SUPPLY-----Green peas (ceiling). Hothouse rhubarb

Seattle

BEST FRUIT BUYS-----Grapefruit, oranges (small sizes higher)
IN MODERATE SUPPLY-----Apples
IN LIGHT SUPPLY-----Florida tangerines (reasonable). Avocados, grapes, pears,
(high)
BEST VEGETABLE BUYS-----Broccoli, carrots, beets, turnips, parsnips, rutabagas
IN MODERATE SUPPLY-----California celery (considerably higher). Cauliflower,
lettuce, dry onions, green peas (fairly reasonable),
local hothouse rhubarb, tomatoes (below ceiling). Texas
spinach (reasonable)
IN LIGHT SUPPLY-----Potatoes (ceiling). Zucchini squash (high). Local
Hubbard squash



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
February 17, 1945

IN THIS ISSUE

CHOW FOR WOMEN MARINES.....

The lady leathernecks use the regular official Marine Corps master menu, but with variations to suit their feminine tastes... for instance, fewer potatoes and more desserts.

MEAT REASONING.....

More information on the meat situation... military requirement are high, and the seasonal declines are here.

GO EASY ON PAPER BAGS.....

The situation is accute, but housewives can help the grocer stretch his small supply of paper bags by carrying a shopping bag or basket to the store.

THE SALVAGE JOB CONTINUES.....

We need more and more fat salvaged from American kitchens... if all housewives saved what they could, we would have three times as much as we had last year.

THE SPUD SAGA.....

Potatoes are light right now, and here's the reason and some suggested alternates.

**WAR FOOD ADMINISTRATION
Office of Distribution**

"CHOW" FOR WOMEN MARINES

On February 13, the women Marines completed a second year of service. Here are some food facts on the "Women in Green" who are stationed overseas, as well as at camps, bases and air stations in this country.

Like their brothers in service, women Marines eat "chow-line" style in "general" mess where large numbers of women use one mess hall. They draw mess personnel from their own ranks. They have their own cooks and bakers, trained in the same schools with men, and they use the same equipment.

When it comes to menu planning though, there is a difference. Marine women have hearty appetities, but they don't eat as much as men. They like and are given more green salads, vegetables, fruit and desserts...eat less meat, bread and potatoes than their combat brothers want and get.

Costs less to feed lady leathernecks

Because of these differences in food preference, the cost per capita of feeding women is lower. Given the same per capita allowance as men, which varies by posts and runs 61 to 63 cents a day, women do not spend their allotted money. For one thing, while it takes 55 pounds of meat to feed 100 men, 35 pounds is ample for 100 women. There's also a difference in meat preferences. The men like beef and pork, the women like poultry, ham and beef.

Ordinarily, men are served potatoes twice a day. As a rule, potatoes appear only once a day in the women's mess hall. Combat Marines will eat dessert, but they don't miss it if there is plenty of jelly and peanut butter to eat with bread. Desserts are important to women Marines. Traditionally men of the Marine Corps have the largest meal of the day at noon. Not always, but often, the women have the biggest meal of the day at night.

Women use Marine Corps master menu

In management, women's mess differs somewhat from that of men. It is loosely supervised from Marine Corps Headquarters. The women mess officers are given the official Marine Corps master menu for a guide, but they usually adapt the menu to local needs. These specially qualified mess officers also arrange work schedules, supervise work and personnel and conduct the required daily inspection.

The officer in charge of mess for men may have other duties. Menus and work schedules are handled by the mess sergeant, though the officer in charge makes the daily inspection.

Supplies for the women are ordered, as are the men's...through the Quartermaster department from stock available on the market near which the camp or base is located. From a weekly statement of available products, the mess officer makes her selections.

At Henderson Hall, Arlington, Virginia, the only exclusively feminine Marine post in the country, considerable effort is made to give women Marines what they want, within the bounds of a balanced diet. Suggestions from the women are welcomed. On Sunday, for instance, the women there have requested that they be served only two meals...late breakfast and dinner.

MEAT REASONING

Wondering about the meat dish to recommend to your listeners? Well, the selection is limited, and will be as long as we have extended battle lines to maintain.

Here's the score on beef. The armed forces are getting 70 percent of all utility grade beef slaughtered under Federal Inspection. Most of this order is going into canned meat products because of the increased demand from front line battle areas. The army is also taking 60 percent of all choice, good and commercial grades of beef handled by Federally-Inspected slaughter houses and which meets army specifications.

Of course all packing plants and slaughter houses are not under Federal Inspection, so this means about 50 percent of the better grades of beef is available for civilians. And don't forget those civilian outlets include institutions, restaurants and hospitals as well as home users. As for canner and cutter grades of beef...the grades sold in canned meat products...the army take is 80 percent.

Pork is limited because the number of hogs now being slaughtered is less than last year by about 26 percent. And of this smaller pork total, the Army is taking about 40 percent. Nor will there be much increase in pork on the market until the 1944 fall pig crop comes to market in April, May and June.

With military demands high, and with marketings of beef, veal and lamb going down seasonally and with a smaller hog crop...there is little hope for more meat until the war in Europe ends or until there is a seasonal increase in livestock marketing next fall.

LESS RICE FOR THE BRIDE

Since February 13, sixty percent of all milled rice from our chief producing areas...California and the Southern states...is being reserved for purchase by the War Food Administration. Prior to February 13, the War Food Administration was taking only 25 percent of the rice milled from certain short grain varieties in the Southern states, and 35 percent of all milled rice in California. It was necessary to increase the set aside in order to fill war needs. Our army wants more rice and we're going to be called upon to feed civilians in liberated areas...chiefly in the South Pacific...who are normally supplied from territories now under Japanese control. Rice is to the people of the Phillipines and other South Pacific Islands what potatoes and bread are to us in the United States. To help these people get re-established and regain their health, it is necessary for us to ship more rice to them.

Because of the revised food order on rice, U.S. civilians will get slightly less rice than was expected. (For the past ten years, the average annual consumption of rice in the United States has been about 5 pounds per person.) However, no immediate difference in supply will be noticed because millers have already shipped more rice than usual at this season into domestic channels of trade.

GO EASY ON PAPER BAGS

We're not going to have enough paper bags, but housewives can help extend the limited supply by taking their own shopping bags or baskets to market. Housewives can also be economical of bags when making several purchases at the grocery store.

According to the War Food Administration the supply of paper for bags for the period January through March is 20 percent less than in the last quarter of 1944...and 11 percent less than in any quarter during the war. Because of the shortage of pulpwood and labor in woods and mills, supplies of all kinds of wrapping paper are also smaller. And no immediate relief is in sight.

TEA FOR YOU

Approximately normal supplies of black tea are being packed and distributed for civilian use during this first quarter of 1945...which amounts to about three-fifths of a pound per person a year.

The supply of tea available at the present time has improved to the point where the War Food Administration no longer controls its distribution among packers and distributors. Though we are getting adequate supplies of black tea from India and Ceylon, practically no green tea or Chinese oolong tea is available.

Before the war, we consumed slightly less than three-quarters of a pound of tea per capita per year. In 1942 and 1943, because of the import difficulties, our supplies dropped to about one-half pound per person. However, even with that low supply, it was possible to meet a large proportion of the civilian demand, and rationing was unnecessary to insure reasonable equitable distribution.

WITH A CHOCOLATE FLAVOR

To fill that order of "make mine chocolate", civilians are getting about 3 and a half pounds of cocoa beans per person this year. That amount, when processed, covers total use by each civilian...for beverages and in baked goods at home, in chocolate confections ordered at soda fountains, and bakery products with chocolate as an ingredient.

In terms of past use, civilians are able to buy about 70 percent as much cocoa as they bought in 1941...an all-time high year for cocoa consumption in this country. From the year 1932, when we averaged a little over 3 pounds per capita, the demand for cocoa mounted until we used about 5 pounds per person in 1941. The war restricted our imports from West Africa and South American countries, and it was necessary for the War Food Administration to issue a food order regulating the distribution of cocoa beans among processors in this country.

It's estimated that if civilians could get all the chocolate products they wanted now, they'd buy the equivalent of over 5 pounds of cocoa beans per person this year. This demand would reflect largely the better level of consumer income, because usually the call for chocolate confections goes up with a rise in national income. Homemakers who find cocoa easier to obtain than baking chocolate might like this cooking tip: 3 T. of cocoa plus 1 t. of table or cooking fat can be substituted in most recipes that call for a 2 oz. sq. of chocolate.

THE SALVAGE JOB CONTINUES

Broadcasters are being called upon to plug the fat salvage campaign rather constantly these days. It's because the military and industrial requirements for fats and oils this year are nearly three times our 1940 governmental-industrial needs. Essential civilian requirements must also be met.

Measured against the huge demand are declining supplies of some of the important raw materials from which fats and oils are obtained...such as lard and flaxseed. Of course, production of the important oil crops as a whole increased several fold during the war, but our import sources of essential oils have been cut off almost entirely. In short, in 1945 we urgently need to salvage 250 million pounds of used fat to help fill a deficit. The richest remaining source is used kitchen fats...the kind found in homes, restaurants, hotels...any place where food is consumed.

We could triple our present salvage rate

Last year, American housewives turned in 160 million pounds of used kitchen fats. Fifty million pounds were salvaged by our armed forces. It's been estimated that one in seven American housewives is doing a 100 percent job in salvaging used kitchen fats. If all housewives turned in all available used fats, we could collect about three times the present rate. This would enable us to meet stepped up military demands as well as to maintain essential civilian requirements. Those fats are needed for the manufacture of munitions, medicines, textiles, and military and civilian soaps...and hundreds of other civilian and military items.

EN "CORE"

"Use it up" might well be a motto of the Department of Agriculture Research Laboratory at Philadelphia, Pennsylvania. Since the war, scientists at this laboratory have developed a food product called apple sirup which utilizes apple peelings and cores from canning and dehydration plants. This sirup can also be made from sound but off-grade apples...the ones that fail to meet critical consumer standards.

Helps prevent cakes from drying out

As for use of this sirup...it's especially fine in cakes. Since the sirup is moisture-holding, it prevents cakes from drying out rapidly. Then too, apple sirup is a good substitute for glycerine now needed in making explosives. One of the cigarette manufacturers in this country is using apple sirup on a large scale.

Five commercial plants in the United States and Canada are processing this sirup and last year turned out more than four million pounds. At present, the output is going to large industrial concerns, and it will probably be sometime yet before apple sirup will be available on the retail market.

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THE SPUD SAGA

Spuds that climbed from famine to feast in 1943 are skidding toward scarcity again. The main danger is that we're likely to waste good Irish potatoe by overbuying whenever we find them in the grocers' bins. Practically all the potatoes now on the market were harvested last fall. They will sprout easily unless properly stored. So to get the most for their money, your listeners will do better to buy potatoes only as they need them.

If the potatoes are small in size...as they're likely to be...that won't trouble the busy housewife. Small potatoes cook faster, and quick cooking saves time and fuel. Small potatoes lend themselves to any form of preparation except baking. And for the light potato eater who leaves a part of a large potato on his plate, the small potato is a just-right serving.

There are several alternates for potatoes

Sometimes your listeners may find the potato bins empty. Suggest that they use as alternates, sweet potatoes, rutabagas or other root vegetables.

The story of the scarce spud started with a drought during the summer of '44 in the small producing states. These states that normally take care of their own potato wants during the growing season began drawing on the potato supply in the large producing states much earlier than usual.

As the number of fighting men and women on the far-flung battle lines increases, so do their needs for potatoes. Our fighting forces use potatoes in fresh and dehydrated forms. The armed forces now have first call on potatoes in Idaho, part of Oregon, California, Maine, Colorado, North Dakota, and Minnesota. And that's briefly the reason for the scarcity despite the fact that our 1944 potato crop was several million bushels larger than it was during the ten year average (1933-42).

A BIT ABOUT HERBS

For Victory Gardeners with a romantic yen for rosemary and rue, here's a bit of advice: grow a few herbs for flavor but don't overdo the idea. The best plan is to set aside a small corner of the lot that won't interfere with the plowing and cultivation of the main garden. You may want to suggest to your listeners that they plant a bit of parsley which can add vitamin A to vegetable dishes...or chive, a plant with an onion flavor that is excellent for seasoning soups, salads, and cottage cheese. Then there's mint for sauces and garnishes...dill for pickles. Herbs such as sage, savor, tarragon, thyme, and sweet marjoram may be used fresh or dried. Dried and packaged they make fine gifts for cooks with imagination.

The housewife who lives in an apartment and has no place for a Victory Garden can grow several of the herbs very successfully inside the house. And what could be a more attractive kitchen decoration than bright pots of parsley, chives or mint growing in the kitchen window sill?

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Radio Round-up on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
February 24, 1945

IN THIS ISSUE

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- LEMON AIDS.....** There will be more lemon flavoring on the grocer's shelves this year. Some of the supply is going to the men in uniform...in candy, beverages and K rations...also it is used to disguise the taste of disinfectants in their drinking water.
- FISH-IN SEA-SON.....** From now on there will be more fish in the markets. The seasonal decline is over, so housewives will have plenty of fish varieties to serve during Lent.
- A BOUT WITH MEAT.....** Using that no-point, low-point meat may be a problem, but here are a few tasty suggestions to make the meat flavor stretch, and a few basic cooking principles.
- STEAMING THE FREEZE.....** The supply of frozen vegetables is fair in most localities - they're quick - easy, and point-free.

US Department of Agriculture
Food Distribution Administration

FOR BETTER UNDERSTANDING

The Association of Women Directors of the National Association of Broadcasters launched their second editorial campaign, "Women of the United Nations" at a meeting at the Hotel Roosevelt in New York, February 17.

In a balconied ballroom, flagged with the colors of the United Nations, hundreds of women...broadcasters, guests from allied nations and national leaders of women's organizations...pledged themselves to help develop a better understanding among women of the world.

Ruth Chilton, president of the Association of Women Directors, praised Dorothy Lewis, coordinator of listener activity for the National Association of Broadcasters, for organizing and promoting the AWD. She said that Dorothy Lewis had done much to raise the standing of women in broadcasting...to the benefit of radio in general and of women's programs in particular.

In a special recording, assembled especially for the occasion, the War Food Administration complimented the women broadcasters for the outstanding job they have done helping homemakers to understand the ever changing food situation. The transcription was played on the Navy film recorder and included the voices of six members of AWD.

WFA TRIBUTE TO WOMEN
BROADCASTERS

"Since the war began, every woman broadcaster has been saddled with extra responsibility...selling war bonds...recruiting women for the services and carrying other government messages into the homes of America. The War Food Administration takes this opportunity to pay tribute to the women directors for the outstanding job they have done in helping homemakers understand the swiftly changing food picture. As a group, women broadcasters have diverted attention from shortages and have helped to merchandise the plentiful foods. They have done a great deal to teach women nutrition, food conservation, food preservation and better buying habits. These women, sitting before their microphones day after day, week after week, are a real power in guiding homemakers through the adjustments of wartime living.

"It's easy to visualize this power when you realize the association of women directors of NAB numbers its membership around 700. This pioneer organization of women was created less than six months after we entered the war. There was a real need for cooperation to promote projects affecting women listeners...a real need for a clearing house for ideas and techniques. And so AWD was born...in May 1942.

"It was no accident that the first issue of the War Food Administration's Radio Round-Up hit the desks of the women commentators a month later...in June, 1942. As a matter of fact, many of the women broadcasters who helped get AWD under way were the first to ask for current factual information on the ever changing food situation. As the result of these requests, WFA launched Radio Round-Up on food...the weekly service sheet for women directors.

"To give you some idea how the hundreds of women broadcasters all over the country use this important information in their various shows, we are bringing you the voices of seven members of AWD -- (the following broadcasters made transcriptions of war food messages they had used on their shows and their voices were dubbed in on the film recorder: Ruth Chilton, WCAU Philadelphia; Ann Holden, KGO San Francisco; Mildred Bailey, WTAG Worcester, Mass.; Darragh Aldrich, WCCO Minneapolis; Ruth Crane, WMAL Washington, D. C.; and Elizabeth Hart, WIAQ Chicago.).

"Without the help of friendly voices such as you've just heard, it would be impossible to reach every homemaker. The women broadcasters of this country are making, and will continue to make a great contribution to the war effort...and to better living in the years to come. The War Food Administration says, most sincerely...Thank you."

IN THE FUTURE

From time to time Round-Up has brought you stories of the food in other countries. In the future, Round-Up copy will include more stories of homemakers around the world. As the AWD program "Women of the United Nations" points out, "Sharing mutual experiences helps to encourage a respect for differences and develops a better understanding among the women of the world."

LEMON AIDS

Lemon flavoring, made with real lemon oil, has been scarce the past months, but through 1945 there will be a gradual improvement in supply. Not only are we able to import lemon oil again from Sicily, but our larger lemon crop this year will further ease the situation.

If your listeners have wondered why lemon flavoring was missing from grocery shelves last year, tell them there was a big demand for fresh lemons...so not enough lemons went to processing plants. Also, a good share of the lemon oil which was made went to our armed forces. The Army needed it for cooking uses and in a variety of products...candy, beverages and K rations.

Some of that lemon oil was used in a food powder supplied our fighting men. As you know, drinking water has always been a problem for front line troops. A disinfectant must be added to purify strange water. As the taste of the medicated water is displeasing to the men, each soldier is given an envelope of lemon powder to disguise the disinfectant. The envelope contains lemon juice powder, vitamin C, citric acid, sugar and lemon oil. Thus the soldier can add a drop of disinfectant to a canteen of water, pour in the powder, shake well...and presto he has a refreshing lemon drink.

Until 1930, we received much of our lemon oil from Sicily. The Sicilians rupture the oil cells in the peel of the lemon with a spoon and take up the oil with a sponge...entirely a "by hand" operation. When we started a lemon oil industry in California, using specially developed machines, we were able to supply the normal needs for this country. Now, with increased war demands, it's necessary to resume imports from Sicily.

THE FOOD TEMPO

The speeded up war tempo has necessitated emergency changes in the distribution of food by the War Food Administration. In Radio Round-Up, War Food Orders have been explained as they develop, but perhaps you would like a summary of them as they affect supplies of meat and other major foods for civilians during the next few months.

For the first quarter of this year, our men and women in the armed services will need more than one out of every four pounds of meat coming to market. So through March, civilians will be getting five to six pounds less meat per person than in the same months of last year...or even in the last three months of 1944. All chickens produced in the four great producing areas in the country are now being set aside for purchase by the armed forces. Nor will there be any more canned chicken or turkey put up for civilians until our fighters get 70 million pounds of these canned poultry products. This canned chicken and turkey goes into army rations and for use in military hospitals in this country and abroad.

The Army has also asked that temporarily 100 percent of the pilchards (California sardines) and mackerel on the West Coast be set aside for government purchase. Before the war we shipped large quantities of this fish to the Philippines. Now that the liberation of the islands is under way, the Army needs larger supplies.

It has been necessary for the War Food Administration to issue an order which sets aside the equivalent of 40 percent of our total output of lard for government purchase. The largest share of this lard will go to our allies...Britain and Russia. Creameries are also being required to set aside 20 percent of their February production of butter...25 percent in March...for war claimants. The government had not intended any reservation on butter until April. Expanded war needs moved up the date on this order. Last year our Army got 15 percent of the butter produced in this country, and the Russian military forces 5 percent. This year 20 percent of our butter will go to our own fighters and another 4 percent will be an essential food in Russian military hospitals. In addition, one-third of our cheddar cheese is needed for war claimants.

56 Fighting Fronts to Supply

Last year a third of the canned vegetables went into military channels. The coming pack will be the largest possible with present labor and facilities, and shipments to front line fighters will be greater than last year. And it looks now as though war needs for canned fruits and juices (excluding citrus) will be about half of the total 1945 pack. Shipments of all canned orange and grapefruit juice for civilians have been halted temporarily until present U. S. military needs can be met.

As for potatoes, the armed forces now have first call on most of the old crop potatoes in six major producing states. Also one-fourth of the total rice supply this year is being made available to the armed forces and for food in liberated areas.

Broadcasters can do much to point out the fact that these changes have been made because of our military advances and our larger forces. Our drive into Germany and ever-lengthening lines in the Pacific theatres of war are but two examples of what is being done right now on our 56 fighting fronts. With each advance, allied supply lines grow longer, food losses in combat must be considered and minimum food needs of liberated people must be met.

FISH-IN! SEA-SON

As the shortest month of the year ends, the period of short supply in fresh-caught fish draws to a close. During December, January, and February fishing reaches its lowest ebb, but it begins to pick up in March and gets into full swing by April.

The biggest obstacle to fishing in wintertime is old man weather. Comparatively few ships leave port when they're likely to come back covered with a foot of ice. But as soon as the sun smiles, the fisherman mends his nets, scrapes the barnacles off this boat, and puts out to sea.

Plenty of fish in the sea this year

This year we're expecting good catches. By adding together all sorts of information...past trends in fish production, the number of fish taken from the floor of the ocean by New England trawlers, and the short time it takes a trawler to fill up with fish--biologists have decided there are plenty of fish in the sea. To catch them we have more boats and equipment this year than we've had since the beginning of the war. All of which, barring freaks of weather or shortage of manpower will add up to large fish landings.

From New England fisheries--which give us most of our edible sea food for the fish market...March brings cod, rosefish, haddock, flounders, and whiting. Since Lent continues throughout this month, you'll want to get out your favorite recipes for cod and other fish to pass on to your listeners.

A BOUT WITH MEAT

Remember the words of the song, "The music goes round and round and comes out here"? Now's the time to make the meat flavor go round and round and come out where you want it--service for three, service for six. Fortunately it's the low-point, no-point meats that lend themselves to such meat-flavor stretchers as stuffings, dumplings, boiled dinners and the like.

Slow-low cooking does the trick

And here are a few suggestions for your listeners: breast of lamb with mint stuffing; shoulder of pork with raisin or apple stuffing; stuffed rolled flank; fricassee of veal with dumplings...using flank, neck, or shank meat; pigs' knuckles or spareribs with sauerkraut; meat loaf...made of the forepart of beef chuck or lean parts of brisket; Irish stew...with shoulder, neck, flank, or shank of mutton; shepherd's pie...using neck, flank, or shank of lamb.

Now's the time, too, to stress the methods of tenderizing meat. The first principle is always slow cooking with low heat--it keeps the meat plump. Simmer, never boil. For braising, suggest the occasional use of buttermilk, sour milk, or tomatoes as liquid...they contain small amounts of acid that helps to tenderize.

STEAMING THE FREEZE

With canned vegetables back on the ration list and commercially frozen vegetables point-free, civilian demand for the frozen products has increased rapidly. The present stocks on hand, and the selection varies across the country. This is not so hard to understand, since distribution facilities differ in the various regions, and so do the local preferences for certain vegetables. From a national standpoint, supplies of frozen vegetables at this time are less plentiful for civilians than last year.

While broadcasters will want to check on offerings in their local stores, the War Food Administration reports that sweet corn and green peas are the two commercially frozen vegetables most generally available. Frozen limas, snap beans, and spinach are also widely distributed. Next in line of supply are frozen pumpkin and squash, asparagus and broccoli.

Homemakers have found these vegetables to be effort savers...they require no cleaning or paring and can be cooked in a short time. They taste like fresh vegetables and retain most of the food values they had when fresh from the garden.

The armed forces too have discovered the advantages of frozen vegetables. The men stationed in this country have been eating many frozen vegetables, and it's likely that the 1945 military order for frozen foods will be even larger.

SAME SIZE SLICE

About a third of a pound....that's the size slice of cheddar cheese available for each civilian during March and April. The total amount to be marketed during March and April is 35 million pounds per month...approximately the same supply as civilians have been getting for the past six months.

It's true that milk production has started on the seasonal upward climb, and more cheese is being manufactured. But at the same time, war requirements for cheddar are increasing; so any rise in production must be set aside to fill these orders. During February, 30 percent of the cheddar cheese produced went to our armed forces and for lend-lease or other war claimants. The set-aside quota on cheddar for these claimants will be 45 percent of production during March and 50 percent during April. The increased quotas are in accordance with the War Food Administration policy of adjusting the set-asides on a month-to-month change in production...making relatively even supplies each month for distribution to civilians.

UNWRAPPED TOMATOES

If growers and wholesalers who handle the out-of-season tomatoes which are coming to market now will remove the paper wrappers, shoppers will find fewer decayed tomatoes in the vegetable stalls.

Vegetable research men, working at the Plant Industry Station At Beltsville, Maryland, have found that considerable tomatoe decay developed in the ripening rooms, into which tomatoes are placed, still cold, after their refrigerated journey. The warmth of the rooms causes moisture to condense on the cold tomatoes, soaking their paper wrappers and encouraging decay organisms to develop. If the wrappers are removed when the cold tomatoes are placed in the ripening rooms, the moisture which condenses on the fruit will be able to evaporate quickly.

TIN TO HELP US WIN

America at war needs more tin. The Japanese still hold the Dutch East Indies and Malaya, which were formerly our chief sources of tin. So we can't expect any improvement in the supply until these sources are restored to the Allies. Even an end to the war in Europe will not eliminate the present shortages.

But Americans are still throwing away two out of three tin cans...permanently destroying the tin in these cans...the tin on which our war production machinery depends to a great degree.

Tin fights...it feeds...it heals

Tin is used for babbit metals in naval construction and mobile army equipment. Military rations of all kinds are packed in tin to keep them fresh and impervious to weather and other destroying agents.

And besides fighting in the war and helping bring food to the battle front, tin heals. Tin encases the emergency sulphur ointments which protect our fighting men against deadly infections. Tin safeguards the precious blood plasma and goes into the making of the small individual hypodermic syringe ("syrrette") which relieves the pains of our wounded soldiers. On every battlefield, the lives of our men depend on tins.

About 1 per cent of the weight of a tin can is actual tin, so it's easy to see why there must be a large volume of cans salvaged. The following table makes the idea more graphic:

<u>Number of tin cans</u>	<u>Will provide tin used in</u>
2.....	1 syrette (miniature hypodermic)
30.....	Main bearing for 40 mm. or 90 mm. anti-aircraft gun.
150.....	Jeep crankshaft or the liner for 30 cal. ammunition box.
2,500.....	1½ ton Army truck
6,500.....	1 Diesel Engine
21,000.....	1 short range heavy Bomber
24,000.....	1 Flying Fortress
28,000.....	1 Torpedo Fortress

How to prepare tin cans for salvage collections

Wash the cans thoroughly, remove labels, remove or fold in the ends, and then flatten. This saves valuable shipping space. It takes little time, but it is very important that each housewife prepare the cans properly before turning them in. Not only is shipping space saved, but the cans are ready for instant use by de-tinning plants.

What happens to the salvaged tin cans

They are shipped from the collection point to de-tinning plants where the tin is removed by chemical process. The remaining scrap steel is either sent to steel mills for use in the production of steel, or to copper mines where it is used for precipitating copper from the mine waters, and where each tin can produces its equal weight of copper.

MARKET PALMORA

Los Angeles

BEST FRUIT BUYS-----Oranges, Grapefruit
 IN MODERATE SUPPLY-----Apples, Lemons
 IN LIGHT SUPPLY-----Strawberries (beginning to arrive) Winter Pears, Emperor
 Grapes, Avocados
 BEST VEGETABLE BUYS-----Cabbage, Carrots, Tomatoes, Cauliflower and Spinach
 IN MODERATE SUPPLY-----Bunched Vegetables, Lettuce, Peas, Yellow onions, Sweet
 potatoes
 IN LIGHT SUPPLY-----Top grade potatoes, Eggplant, Peppers, Asparagus (begin-
 ning to arrive) Artichokes, Broccoli

San Francisco

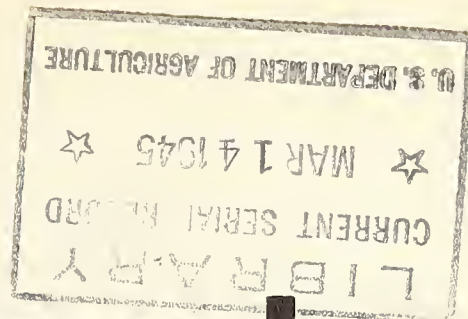
BEST FRUIT BUYS-----Oranges, Grapefruit
 IN MODERATE SUPPLY-----Small size apples, Winter pears, Lemons
 IN LIGHT SUPPLY-----Top grade apples
 BEST VEGETABLE BUYS-----Broccoli, Lettuce, Tomatoes, Banana squash, Hubbard Squash,
 IN MODERATE SUPPLY-----Green peas, Celery
 IN LIGHT SUPPLY-----Asparagus (first of season)
 high

Portland

BEST FRUIT BUYS-----Oranges, Grapefruit
 IN MODERATE SUPPLY-----Apples (Govt. releasing Delicious variety)
 IN LIGHT SUPPLY-----Avocados
 BEST VEGETABLE BUYS-----Cauliflower, Carrots
 IN MODERATE SUPPLY-----Young mustard greens, Beets, Kale, Green onions, Radishes

Seattle

BEST FRUIT BUYS-----Arizona grapefruit
 IN MODERATE SUPPLY-----Apples, Navel oranges (best sizes at ceiling)
 IN LIGHT SUPPLY-----Avocados, Grapes, Pears
 BEST VEGETABLE BUYS-----Carrots, Cauliflower, Lettuce
 IN MODERATE SUPPLY-----Broccoli, Brussels Sprouts, Onions, Cabbage, Spinach,
 California green peas, Tomatoes, Hothouse rhubarb, Sweet
 Potatoes, Rutabagas, Parsnips
 IN LIGHT SUPPLY-----California asparagus (just arriving) Green peppers (high)
 high
 Potatoes



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
March 3, 1945

I N T H I S I S S U E

- GETTING DOWN TO CASES.....The supply of eggs is largest during March and April, so here are some egg buying tips and general background information.
- IN THE MELTING POT.....Fats and oils bring more ration points since February 25...the reasons are good, and they're all here.
- IT'S ALL IN THE HEAD.....Cabbage is very plentiful right now in the Western States, which means there will be plenty of sauerkraut manufactured this year. It means, too, that many housewives will learn how versatile a vegetable cabbage is, and will use it to advantage in soups, salads and main dishes.
- ON GROCERS' SHELVES THIS MARCH.....Here's a list of the foods which are expected to be plentiful during March.
- FROZEN FOODS FOR THE FUTURE.....The post war experts promise home freezing and storage units, so manufacturers of frozen foods are planning new products...fruits, vegetables, meat, and cooked dishes.. Something to look forward to.

US Department of Agriculture
Food Distribution Administration

GETTING DOWN TO CASES

"Top of the season to you"....That's the present verdict on eggs. Our supply of this non-rationed, protein food is largest from January through June, with the peak of production usually during March and April. Additional praise can be given these springtime eggs because they're at their most favorable price range, they're larger, of more uniform quality, and they're fresher.

Buying Tips

Know the federal weight standards for eggs so that you'll be getting full value for your money. Large eggs usually weigh two ounces. That means, if you were buying eggs by weight instead of by the dozen, you'd get eight eggs to the pound. Medium eggs must weigh 21 to 23 ounces per dozen. Small eggs must weigh at least 18 ounces to the dozen although there is no maximum weight requirement under OPA regulations. When the price difference between the various sizes is great enough, the consumer may actually get more for his money by buying the medium or small eggs.

"Complete Protein"

When it comes to food value, we all know in a general way that eggs are important in the diet...but why and on how many counts? To begin with, eggs have a good quality or "complete" protein. For this reason, they can be used interchangeably with other complete protein foods...meat, fish, poultry and a few others. That protein is essential for normal growth and for building and repairing body tissues.

We need "Protective" foods every day

Eggs are on the "protective" food list too. "Protective" foods are the ones we need plenty of every day because they're sources of important vitamins and minerals which we need to safeguard our health. In the mineral supply line, eggs are an important source of iron...which we need to keep the coloring matter of the blood up to normal. Eggs also have phosphorus which we need along with calcium and vitamin D for strong bones and teeth. While eggs aren't outstanding sources of calcium they have more vitamin D than just about any other food, with the exception of fish liver oils. They also contain vitamin A and riboflavin.

Eggs fit into any meal

When it comes to uses...eggs are a morning, noon and night food. And you can serve them in dozens of ways. They can be a main dish with sausage, or as a fluffy souffle or a delicious omelet. They fit perfectly into any number of quick breads, cakes, sauces, desserts and beverages. While food comparisons are never quite fair, since each food has its own important place in the diet, eggs are more nearly interchangeable with milk...as far as nutritive value is concerned...than any other item in our diet.

IN THE MELTING POT

Margarine, lard, shortening and salad oils took a ration point rise last Sunday (February 25) chiefly because of limited supplies of lard for civilians.

Let's look for a few minutes and see how the supply of one of these commodities affects the other. The production of lard is down. A year ago at this time we had such a record hog crop that there wasn't enough storage space for all our lard. This commodity was made point-free to increase sales. This February, federally inspected slaughterers got only 45 percent as many hogs as they did during the same month a year ago. Moreover the yield of lard per hog is smaller. Even though we have a cut in supply, military and other government requirements for lard remain high. This means less for civilian distribution and necessitates a rise in point value.

Because of the shorter lard supply, there is an increased demand for vegetable oil shortenings which can be substituted in most cooking purposes for lard. In view of the inter-changeability of these shortenings, points had to be raised on all of them to assure fair distribution.

With butter limited, the total supply of margarine is now needed for use as a spread for bread. The points on margarine have been increased to assure its availability for this purpose and to discourage substituting margarine for lard or shortening in cooking.

IT'S ALL IN THE HEAD

This year's crop of cabbage in Florida, Texas, Arizona, and California is more than half again as large as it's been on the average for the past ten years...56 percent above average, in case you're interested in figures. That's a good bit of cabbage...so much that the War Food Administration is attempting to divert quantities to the manufacture of sauerkraut.

Normally, winter-grown cabbage is not used to any extent in the making of kraut, for the reason that sauerkraut is a cold-weather dish, favored more in the states above the Mason and Dixon Line. So it follows that most of the kraut plants are located in the northern states, and they buy their cabbage locally. Last fall, a shortage of cabbage in the North limited kraut production. By using southern cabbage now the kraut packers may make up some of the fall shortage and at the same time help conserve food.

Here's the distribution pattern of cabbage to local markets during the winter months:

Markets east of the Rockies get most of their winter crop cabbage from Florida and Texas. Arizona and California furnish most of the Western Region.

FINE WITH BRINE

You'll probably want to remind your listeners that fresh cabbage is nutritive...new green cabbage has vitamin A...raw cabbage is a good source of vitamin C. And cabbage is versatile. You can fit it into any course from soup through salad and the entree. You may want to suggest stuffed cabbage as a main dish, slaw, either hot or cold, with fish; and cabbage shredded, creamed, buttered or panned.

APPLE MARCH

If you've been missing Delicious apples from your favorite market, chances are you'll get a last fling at them before the season tapers off in March. A month ago, the War Food Administration put Delicious apples on a set-aside order for the armed services along with two other varieties, Winesaps and Yellow Newtons. Now the set-aside for Delicious has been removed. And the reason is simply this: Winesaps and Yellow Newtons are longer keepers than the Delicious variety and can be shipped abroad. At the moment the armed services have a bigger need for the exportable varieties. So some million bushels of Delicious apples will be diverted into civilian channels.

Delicious are best in fresh form

Apples on the market during the first half of this year come from the winter varieties commercially produced in 1944. Of the Delicious variety, commercially produced, 59 percent grew in the state of Washington.

Delicious apples are best in the fresh form for fruit cups, salad plates, lunch box, and fresh fruit bowl. For the most part they're not a cooking apple.

KITCHEN KERNELS

Last year the nut-growing sections of our country produced more tree nuts than we've had on the average for the past ten years. And yet our total supply of nut meats is smaller by about 3 million pounds. The reason lies partly in our restricted imports.

Normally we import English walnuts from France, Italy, and China; almonds from the Mediterranean; filberts from Turkey and Spain; cashews from India; chestnuts from Italy; and Brazil nuts from Brazil. War has lessened some imports and stopped others entirely. Since late in 1941 the War Food Administration, The United Kingdom's Ministry of Food, and the Canadian government have had a pact to prohibit imports of Brazil nuts in their respective countries in order to avoid the diversion of workers from essential rubber production in the South American Commonwealth.

Demand for tree nuts higher

Of our domestic supply of tree nuts, ninety percent of the English walnuts and all of our almonds come from California. Filberts are raised largely in Oregon and Washington and pecans in our southern states.

While our imports have been shrinking, our demand for tree nuts has gone up. For one thing there's more money in the American purse to buy foodstuffs these days, but our military needs clip off a good portion of our supplies. While all of these factors may make it impossible for us to buy the variety of tree nuts we'd like at all times, still we will find some kinds on the grocery shelves. Broadcasters should check on local supplies before suggesting the use of certain types of domestic nuts. Supplies vary according to type of store and preferences of customers.

BY HOOK OR BY COOK

U.S. Department of Agriculture surveys have revealed that vitamin A is none too abundant in the American diet as yet. This is the vitamin, you know, that helps our eyes adjust quickly from bright to dim light. And we need it for resistance to infection, for growth and for general good health.

We get some of our vitamin A needs from butter and fortified margarine, and the green and yellow vegetables contribute this vitamin generously. So with butter limited, you will want to tell your listeners to plan on a daily serving of such vegetables as broccoli, carrots, chard, green peppers, kale, mustard greens, sweet potatoes, turnip greens or winter squash.

IN THE HOME STRETCH

Making the pat of butter or margarine do its full duty calls for cooking ingenuity these days. If the family chef wants to vary the seasoning for vegetables and yet save limited table fats, she might give a thought to cream sauce. Basic ingredients for that sauce are milk, flour, salt and pepper and about a tablespoon of meat drippings. Variations can be played on that theme by adding chopped hard cooked egg, or parsley, paprika or a favorite herb. Cabbage, carrots, celery, mushrooms, onions, peas, potatoes, and string beans take kindly to cream sauce.

MOLASSES IN THE SPRING

Although, as a spring tonic, sulphur and molasses went out with the bustle, your listeners will be interested in molasses supplies, even before spring this year, to supplement sugar rations.

Supplies are ample for table and home-cooking uses. At the year's end, we carried over a large quantity of molasses from the 1944 production. This year, we've added to these quantities goodly amounts of dark molasses and some blended and higher grade types.

Perhaps you'll want to point out to your listeners that dark molasses is particularly rich in iron in a form that the body can use. And like other kinds of molasses, it makes good gingerbread, gingersnaps, molasses cookies, cakes, pies, Indian puddings, and baked beans.

FLAX ON THE WAX

Farmers have been asked to put 5 million acres in flaxseed this coming year. This goal--2 million acres over 1944--has been set to obtain more linseed oil. Right now our supply of linseed oil is short because production of flaxseed in 1944 was only 50 percent of that in 1943, and our imports from South America are restricted. Also, it has been necessary for the United States to supply Russia with linseed oil for its war program.

Linseed oil, you know, is important for paints and varnishes, linoleum and oilcloth, printing ink, artificial leather and a long list of medicinal products. Until the supply improves, the use of linseed and vegetable oils in these products for civilians is limited to 50 percent of the amount used by manufacturers in 1940-41.

ON GROCERS' SHELVES THIS MARCH

The following foods are expected to be plentiful throughout the West during March, 1945.

1. Oranges
2. Carrots
3. Cabbage
4. Cauliflower
5. Spinach and other greens
6. Radishes
7. Rutabagas
8. Apple Butter
9. Citrus Marmalade
10. Grape, plum and fig jams
11. Jellies
12. Dry-mix soups
13. Dry edible peas
14. Dry pinto beans
15. Soya flour, grits and flakes
16. Wheat flour and bread
17. Macaroni, spaghetti, noodles
18. Oatmeal

FROZEN FOODS FOR THE FUTURE

Here are some of the plans which producers of frozen foods have been formulating for the future...that time when the war ends, and wartime restrictions are relaxed. Of course, manufacturers are planning to produce more home and farm units for freezing and storing, and more units for retail stores, too. So it naturally follows that we'll have more frozen products to go with the new equipment.

Among the new frozen vegetable products there will be the chopped ends of asparagus or broccoli...the parts which are usually discarded, but are very palatable and nutritious when properly prepared. There will also be frozen sweet potatoes, either precooked, or ready to cook; pureed vegetables for infant feeding; frozen tomato juice and squash for pies. Some of these items are already being introduced to the public.

In the future frozen fruit line, frozen concentrated orange juice and other fruit juices look promising. The juice is concentrated partly by freezing, then the ice crystals from the original liquid are removed.

Velva Fruit...a frozen fruit dessert developed by a Western Laboratory, may be widely used in home and commercial freezing. In January of this year, the first large-scale commercial sale of this product began, when a large ice cream company started manufacture and distribution from Miami to Washington. Velva Fruit is like fresh, fully ripe fruit in both taste and color, but has the velvety texture of ice cream. It is a fresh uncooked fruit puree with sugar and gelatin (for smoothness). Sometimes a little lemon or citric acid is added to bring out the flavor. It's frozen in an ice cream freezer, and the freezing whips in enough air to double the volume of the original mix.

More variety in frozen fruits

There will probably be more kinds of fruit frozen in the future, and the quality will be improved by new methods. For instance, peaches, apples and apricots tend to darken...in order to retard this discoloration, they may have small amounts of vitamin C (ascorbic acid) added. Or they may be blanched in steam or sugar sirup, and dipped in sulfurous acid or bisulfite solution. These treatments may be used instead of packing in sugar or sirup.

Here's another new idea...certain fruits may be coated with pectin to improve their texture and appearance, to prevent the leaking of juices when thawed.

There are also some new developments in the freezing of eggs for home use. In the past, packaging methods have made it difficult to thaw a small quantity of eggs for home use...one or two eggs at a time. So frozen egg consumption has been limited to the quantity users like bakeries. However, a new method has been worked out, and it may be the answer to the successful home use of frozen eggs. Whole-shelled eggs are frozen in bricks, each brick containing one egg, which can be broken from the large block and thawed quickly. Egg whites and yolks may be frozen separately, which will be good news to the housewives who like to bake angel cakes and the like. Formerly, mixed whole eggs and egg whites have frozen satisfactorily. But egg yolks alone have tended to be gummy. However, the addition of a little sugar or honey to the yolks have been found to prevent the gumminess.

Frozen meats and cooked dishes

Since the war, the military services have developed frozen boned meats, which may help to answer the housewife's cry for ready-to-cook meat which has no waste. Ready-to-cook poultry and new kinds of frozen fish are also in the plans for the future.

Another new idea which will certainly please the busy housewife is the plan for freezing cooked dishes...stews, creamed meat and fish, whole roast chicken or other roasted poultry...chow mein, Welsh rabbit, sandwich spreads, pies, cakes, bread and soups. Of course, these cooked foods are especially adaptable to the needs of steamship, railway and airline companies, where labor and space savings are important to the serving of meals. Restaurants and hotels may find them useful, too. And in the home, housewives who have freezing units could cook these foods, and freeze them in home units, to have a ready supply for hurry-up meals.

EVERY YEAR A SOLDIER EATS:

374 quarts of milk
253 pounds of potatoes
24 pounds of dry beans and nuts
467 eggs
287 pounds of meat
215 pounds of cereal
133 pounds of fats and oils
114 pounds of sweets
454 pounds of fruit and vegetables

MARKET PANORAMA

Los Angeles

BEST FRUIT BUY.....Grapefruit, oranges
IN MODERATE SUPPLY.....Lemons, apples (best at ceiling), limes
IN LIGHT SUPPLY.....Some bananas and pineapples from Cuba, few Emperor grapes
(high), avocados (high), some Winter Nelis and Arizona
pears.
BEST VEGETABLE BUYS.....Cabbage, carrots, spinach
IN MODERATE SUPPLY.....Tomatoes (higher), cauliflower, lettuce, celery, Italian
and white summer squash, yellow onions, banana squash,
bunched vegetables, peas, sweet potatoes
IN LIGHT SUPPLY.....Asparagus (still high), large No.1 potatoes, rhubarb,
white onions, broccoli, Brussels sprouts, peppers (high)

San Francisco

BEST FRUIT BUYS.....Grade C apples (lower), oranges, grapefruit
IN MODERATE SUPPLY.....Lemons, pears
VEG. IN MODERATE SUPPLY.Lettuce (slightly higher), Italian and white summer squash,
carrots, onions, tomatoes, peas
IN LIGHT SUPPLY.....Asparagus (still fairly high), broccoli and cauliflower
(higher), potatoes

Portland

BEST FRUIT BUYS.....Grapefruit, oranges
IN LIGHT SUPPLY.....Tangerines, apples
BEST VEGETABLE BUYS.....Cauliflower, cabbage, carrots, Texas radishes, spinach
IN MODERATE SUPPLY.....Hothouse rhubarb (lower), peas, green onions, bunched
vegetables, tomatoes
IN LIGHT SUPPLY.....Potatoes, eggplant, artichokes, peppers, sweet potatoes,
zucchini (high)

Seattle

BEST FRUIT BUYS.....Arizona grapefruit, oranges (ceiling)
IN MODERATE SUPPLY.....Texas grapefruit (higher), apples (ceiling), pears (ceiling)
BEST VEGETABLE BUYS.....Carrots (lower), tomatoes (below ceiling)
IN MODERATE SUPPLY.....Cabbage, cauliflower, celery, lettuce, onions, potatoes
(ceiling), Texas and Walla Walla spinach, winter squash
IN LIGHT SUPPLY.....Asparagus



Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
March 10, 1945

IN THIS ISSUE

PRESERVIN' SUGAR.....700 thousand tons of sugar will be allotted to American housewives this year for home canning. It amounts to a maximum of 20 pounds per person.

TIN TO TIN.....Since the war, our canned fruits and vegetables are put up in about 12 types of cans...before, we had as many as 258 different styles and sizes.....Now it's easier for housewives to judge sizes, and fewer styles mean lower production costs.

"POINTS" ON INTERNATIONAL MENUS.....Here's the way our rationing system compares with that of the United Kingdom and Canada....rationing is tightest in the United Kingdom, and lightest in Canada.

SOLID NEWS ON ICE CREAM.....The WFA now permits more non-fat milk solids for ice cream manufacture...so the ice cream should taste better, and contain more nourishment...also, there will probably be more of it than we've been getting.

US Department of Agriculture
Food Distribution Administration

PRESERVIN' SUGAR

About 700 thousand tons of sugar will be scooped out of the national sugar bowl this year for home canning. This sugar is to be distributed solely to those who need it for this purpose. Broadcasters will want to point out to their listeners that only those who plan to do canning at home or with neighbors or at a community canning center should apply for a share of this sugar. There just isn't enough sugar in the national stockpile to permit any overdrawing of the quota.

However, the War Food Administration says that 700 thousand tons of canning sugar is enough to permit home canners to produce record amounts of home preserved food. That is, if this sugar is used solely for putting up fruits and vegetables and if all home canners stay within the four-to-one basic rule. This rule, recommended by the U.S. Department of Agriculture, is one pound of sugar to each four quarts of finished fruit. The canning sugar limit or rule will also be followed by the OPA in issuing supplemental sugar rations.

20 pounds per person is the maximum

Here's how the homemaker figures out how much canning sugar she will need. First she plans how many quarts of fruit or fruit juice she will put up. Then she divides this figure by four to find the sugar allotment. However, the maximum amount any individual can claim is 20 pounds. And even if there are more than eight members in the family, the most that any family can apply for is 160 pounds. If the homemaker wants to, she can use up to five pounds of her 20 pound ration for jams, jellies and other preserves. But 15 pounds of that ration must be specifically for fruits and fruit juices. Actually there is no sugar allowed for putting up vegetables. The home canner who wants to put up pickles, relishes, chili or catsup may use a portion of her family's 5 pound per person jelly and jam allowance for the purpose.

TIN TO TIN

Before the war, commercially canned fruits and vegetables in this country were packed in as many as 258 different style and size cans. Because our supply of tin was limited...and needed in the packaging of so many military commodities... the War Production Board started a conservation program...early in 1942. The first step was to reduce the number of food tin shapes to a minimum. Instead of 258 types we now have about 12. The composition of the containers was also affected. Formerly there was about 2 percent tin to a can. Now the tin content is down to 1 and a fourth or 1 and a half percent. And with the use of one improved process, tin content may be as low as 1/2 of one percent. Even with this tin plate reduction, there is no difference in the processing of fruits and vegetables nor any change in flavor.

According to marketing specialists in the U.S. Department of Agriculture, consumers have been benefited by the limitation orders on container sizes. The shopper is able to judge sizes more easily. Before the war, when there were a couple of hundred styles many were confusing. One size might look larger than another and yet net contents stated on the labels were identical. Some of the sizes did not vary more than 1/32 of an inch in diameter or height. Then too, reduction in the number of styles generally means a saving in production costs.

"POINTS" ON INTERNATIONAL MENUS

It was in March of 1943 that general food rationing went into effect in this country. Remember? So during this anniversary month you may want to tell your listeners a bit about rationing in the English speaking countries: The United States, Canada, and the United Kingdom.

Let's begin logically with the first steps in a rationing program. These do not differ among nations. Each country plans what food will be produced from its own soil, and what food must be brought in from outside.

But from there on the roads to rationing change. In the United Kingdom, where most of the food supply is imported, the Ministry of Food takes sole charge of all imports and either takes possession, or in some way controls most of the home grown supply.

The United States and Canada, on the other hand, have, roughly speaking, a system of remote controls rather than a direct possession and distribution of foodstuffs. Both have a whole network of regulations for handling rationing and food problems.

The point system works best in America

In all these countries there are two principal rationing methods: The "Point-Substitution" scheme and the "Fixed Quantity" system. Our red and blue points come under the "point-substitution" plan. We're given a certain number of points for a definite period of time, and it's up to us to spend them as we wish. If we want to splurge on a steak and eat fried mush the rest of the week, that's our privilege. Under the "fixed quantity" system, we get a certain amount of a particular food, and that has to last us for a stated period of time...sugar, for example, we get under the fixed quantity scheme. Because our nation is so large and we have so many regions with different food habits, the point system seems to work best for us.

Meat and cheese unrationed in Canada

Now, in the United Kingdom, it's the "fixed quantity" plan that governs the distribution of most foods. Britishers register with their local dealers and from them get their weekly rations. They may choose the less perishable foods under a point system just as we do our fats and meats and canned foods.

Canada's rationing is about fifty-fifty. Canada uses the point substitution system for sirups, preserves, and canned fruits, but rations butter and sugar on a weekly basis. In all three countries these foods have never been rationed: Poultry, fresh fish, bread, flour, potatoes, fresh vegetables, fresh fruit.... except citrus which has been rationed in Great Britain.

Canada does not ration meat and cheese. The United States is the only one of the three that has never rationed tea, sirup, molasses, and honey. And in the United Kingdom alone...eggs, fluid milk, cereal breakfast foods, citrus fruits, dried fruits, dry beans and peas, tea, chocolate, rice, and candy fall under rationing controls. As you may see, rationing is tightest in the United Kingdom... slightest in Canada.

SOLID NEWS ON ICE CREAM

In the coming months, you'll probably notice some improvement in the ice cream situation. The War Food Administration has removed the restrictions on the use of non-fat milk solids in the manufacture of ice cream and other frozen dairy foods. Those non-fat milk solids, by the way, represent what remains of milk after the butterfat and water have been removed. They have many of the essential nutrients of whole milk...proteins, carbohydrates, calcium and riboflavin.

Ever since February 1943, the War Food Administration has limited the amount of milk solids...including milk fat...that go into frozen dairy foods. The restrictions were necessary because there were so many other demands for our milk...for drinking, for making cheese, evaporated and condensed milk and dried milk products. So for the past two years, manufacturers of frozen dairy foods could not use more than 65 percent of the milk solids than they used in their products during a corresponding month of the base period. That base period was from December 1941 to November 1942.

While there are still restrictions on the amount of butterfat in ice cream, the supply of non-fat dry milk solids has improved because of greater production. And now that there isn't any "ceiling" on total milk solids permissible in making ice cream, manufacturers can produce a more desirable product from the standpoint of consumers' tastes and nutritional welfare. Also there will probably be a slight increase in the quantity of ice cream available...in addition to the seasonal step-up to meet warm weather demands for a cool treat.

ON CALL

The U.S. Crop Corps is already sending out a call for about four million emergency workers...town and city women, as well as men and youths...to work on farms again this year.

Broadcasters may think this recruiting a bit early since most of the emergency workers will not be needed until July and on into October. But here's the reason to start recruiting now. Many of these harvest workers will be teachers, college girls, business girls, school children. If they know the importance of their services, they can plan their vacations at the time and place where there is a need for emergency harvest help.

Right now, in New York City, 650 women and girls who worked on farms last summer have organized as the "winter soldiers of the women's land army". They are holding regular meetings to learn more about food and agriculture and to help recruit women farm workers for 1945. Also they want to keep in touch with the friends they made last summer in farm work. All plan to be at the harvest scene of action this year too.

The need is greater than ever this year

If your listeners are interested in helping save wartime food, tell them to contact their County Extension Agent or the local farm employment office. These offices are usually located in the county court house or federal building. This year harvest workers will be needed more than ever before. The regular farm labor force is the lowest since the war began, and at the same time food production goals remain at record levels.

THE '45 "GOLD" RUSH

Spring is on its way, and with spring comes a very heavy crop of carrots. Texas, California and Arizona report a bumper crop. From these three states carrots go to markets all over the nation. So with carrots crowding the grocers' bins there's no excuse for meals lean in vitamin A. Carrots, as you'll recall, are heavy vitamin A donors through carotene which, is a precursor to vitamin A.

When you're plugging carrots you'll likely want to accent their versatility. You might suggest an Easter salad made of grated carrots piled in the shape of a nest with cottage cheese formed into eggs and decorated with crosses of green pepper.

Then there are the cooked dishes. For instance there's a "quickie" method for the hungry working gal. Pan carrots by slicing them thin, place in a frying pan with a bit of melted fat, cover, and cook until tender. And for a change you can fry carrots with onions or apple rings. Then there's carrot scallop baked with a white sauce and bread crumbs...and if you have it...grated cheese.

Always welcome to your radio listeners is a one dish meal. Suggest layers of carrots and turnips with chopped onion and green or red pepper...baked encasserole with pork sausage on top.

COASTAL CRUISE FOR POTATOES

Irish potatoes are moving out of Maine by water these days. It seems that of the 103 and a half million bushels of potatoes now remaining in storage, nearly one-third are in Maine. With a shortage of refrigerator cars and rail facilities in the Northeast for moving potatoes, some other means of transportation had to help move stocks into areas where the supply was tight.

The War Food Administration announced a program to make use of boats along the mid-and south-Atlantic Seaboard. Many shippers had not considered boats because of the higher wartime cost of transportation by water. Under the new program, the WFA will reimburse food distributors the difference between shipping by rail and by boats along the Atlantic coast.

While a substantial part of the potatoes moved out of Maine by boats may be purchased by the military and war services, relief for civilians is expected.

TOP THIS ONE

Just a word about beets which are coming to market in abundance now from Texas. Remind your listeners to use the beet tops...rich in vitamin A. Cook the tender baby beets with the greens attached and, if you like, serve them, chopped together and seasoned with fat, salt, and pepper. Tops of larger beets are best cooked separately.

For any of your listeners who find cleaning beet tops a discouraging job, here's a tip: When you wash greens, lift them out of the water...never pour the water off the greens. To keep beets from "bleeding" suggest cooking beets whole in their skins with roots and part of stems attached. When they're done, the skins will slip off easily. You remember, too, that hard water...because of the minerals...tends to turn beets a bluish color. A bit of vinegar or cream-of-tartar will save that nice red color from fading.

NOW THAT POTATOES ARE SCARCE

Since most of the No.1 grade potatoes are going to the Armed Forces right now, why not acquaint the family with rice? It's one of our most versatile carbohydrates...in fact, rice has just as many different uses as potatoes.

Many of the dishes of other nationalities contain rice as a base...both the plain everyday dishes, and the more glamorous foods. For instance, here's a recipe for lamb shanks stuffed with rice. It's an inexpensive main course, but the finished product will lend a festive note to any meal.

LAMB SHANKS STUFFED WITH RICE

6 lamb shanks
2 tablespoons margarine
2 cups water
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ pound brown California rice

Wipe the meat with a damp cloth and brown it in the margarine. Add water and salt and pepper. Cover, and simmer for about an hour and a half, or until the meat is tender. Remove the meat from the broth...but save the broth...and when it's cool enough, remove the shank bone. Cook the rice in the lamb broth for 2 hours, adding water when necessary. Stuff the boned shanks with the cooked rice. Place in a baking dish. Add gravy made by thickening the remaining lamb broth. Heat thoroughly in a moderate oven (350 degrees)...serves 6.

BAKED EGGS AND SPANISH RICE

1 cup uncooked rice
 $2\frac{1}{4}$ cups cooked tomatoes
 $\frac{1}{2}$ small onion, sliced
 $\frac{3}{4}$ teaspoon salt
1 bay leaf
2 whole cloves
2 tablespoons melted fat
2 tablespoons flour
6 eggs
2 tablespoons grated cheese
 $\frac{1}{2}$ cup buttered bread crumbs

Cook rice in boiling salted water until tender; drain and rinse with hot water. Simmer tomatoes, onion, salt, bay leaf and cloves together for 10 minutes. Strain. Blend fat with flour in a saucepan and add the strained tomatoes slowly, stirring constantly. Arrange a layer of rice in a well-greased casserole, and make 6 holes in the rice. Place an egg in each dent, pour tomato sauce over all and sprinkle with grated cheese and bread crumbs. Bake in a moderate oven (350 degrees) until the eggs are set (about 15 minutes). Serves six.

A tablespoon of lemon juice added to the water in which rice is boiled will help separate the grains.

BAKED RICE RING

Mushrooms can be found in many markets right now, and here's a good way to use them.

1 cup uncooked rice
3 medium-sized onions, chopped
4 tablespoons margarine
1 pound mushrooms, sliced
salt and pepper

Wash rice thoroughly and cook in boiling salted water until tender, (20 to 25 minutes). Drain. Sauté the onions in margarine, add the mushrooms and cook about 10 minutes. Mix the onions and mushrooms with rice and season. Pack mixture into a buttered ring mold. Bake in a moderate oven (350 degrees) 30 minutes. Serves six.

"A" IS FOR ACHIEVEMENT

Broadcasters may be interested to know that eight of our Western food processing plants have recently won the War Food Administration's "A" award.... the highest honor conferred by the government on management and labor in the food processing industry. The award parallels the Army-Navy "E" given to other types of industries.

Food processing plants which win the WFA tribute for their outstanding production, efficiency, good labor relations and similar merits, are entitled to fly the big green, white and blue "A" flag. Employees may wear symbolic honor pin.

The following food processing plants are the first in the West to win "A" awards in 1945:

California.....F. E. Booth Company, plants at Pittsburg and Centerville
Danish Creamery Association, Chowchilla
Libby, McNeill and Libby, Selma
Rice Growers Association of California, West Sacramento
Washington.....Centennial Flouring Mills Co., plants at Spokane and Ritzville
Oregon.....Christensen Meat Company, Tillamook

IF THE SOIL CRUMBLES, GO AHEAD

Victory Garden advisors in the United States Department of Agriculture say that radishes, lettuce, greens, onions and peas...the spring vegetables, must be planted just as soon as the ground is workable. As a rule, planting too late does not bring satisfactory results. When to plant may vary from February to May in different parts of the country. But there is one sure way of telling when the soil is ready to work...the "gardener's squeeze".

Here's how it's done...take one handful of soil, squeeze it, then open the fingers. If the soil has packed and the imprint of the fingers remains, it is too wet to work. But if it crumbles...go ahead and plant.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Oranges, grapefruit, lemons, limes
 IN MODERATE SUPPLY.....Tangerines (slightly lower), apples (except pippins and
 winesaps), Winter nelis pears
 IN LIGHT SUPPLY.....Avocados, Anjou pears, few Emperor grapes, few loquats
 arriving
 BEST VEGETABLE BUYS.....Cabbage, carrots, banana squash
 IN MODERATE SUPPLY.....Tomatoes, celery, rutabagas, spinach, lettuce (best at
 ceiling), peas, cauliflower (higher), bunched vegetables
 (higher due to rain), yellow onions (higher), sweet
 potatoes (higher)
 IN LIGHT SUPPLY.....Potatoes, Italian and white summer squash, eggplant
 (best at ceiling), white onions (ceiling), parsnips,
 rhubarb (high), broccoli, Brussels sprouts, peppers,
 asparagus (high)

San Francisco

BEST FRUIT BUYS.....Oranges, grapefruit
 IN MODERATE SUPPLY.....Lemons, apples, pears
 BEST VEGETABLE BUYS.....Bunched vegetables, peas, rutabagas, cauliflower, celery,
 onions, banana squash
 IN MODERATE SUPPLY.....Tomatoes, soft squash, sweet potatoes, lettuce, cabbage
 and avocados (slightly higher), spinach
 IN LIGHT SUPPLY.....Potatoes, asparagus and artichokes (high)

Portland

BEST FRUIT BUYS.....Apples, grapefruit, small sized oranges (below ceiling)
 IN LIGHT SUPPLY.....Avocados (high)
 BEST VEGETABLE BUYS.....Cabbage, lettuce, tomatoes, spinach, onions
 IN MODERATE SUPPLY.....Peas, peppers, radishes, local sprouting broccoli
 IN LIGHT SUPPLY.....Cauliflower, rhubarb (slightly higher), sweet potatoes,
 squash (fairly high)

Seattle

BEST FRUIT BUYS.....Grapefruit (reasonable), oranges
 IN MODERATE SUPPLY.....Apples (ceiling)
 IN LIGHT SUPPLY.....Cuban pineapples (high), (one carload arrived), avocados
 (high), Anjou pears (high)
 BEST VEGETABLE BUYS.....Carrots, onions, spinach and tomatoes, peas
 IN MODERATE SUPPLY.....Cauliflower, lettuce, cabbage, broccoli, parsnips,
 rutabagas, turnips, hothouse rhubarb (high)
 IN LIGHT SUPPLY.....Celery (high), asparagus (high), green peppers (ceiling)
 potatoes, sweet potatoes

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Radio Round-up on food...

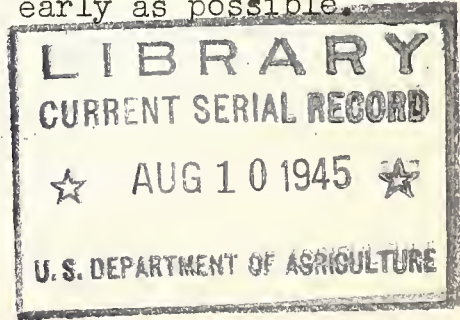
A Service
To Directors of Women's Radio Programs

San Francisco, California
March 17, 1945

I N T H I S I S S U E

- REPORT FROM THE "DYES" COMMITTEE.....Easter is almost here.....
and with it, time for the
children to hard boil eggs
and color them. And there
will be plenty of dyes to
please the children this
year...both types.
- SLOW FLOW.....Here's the dope on olive oil...
There's not much of it, but
we are getting some from
Spain and Portugal, and are
producing some domestically.
- FAT-TERNITY PLEDGE.....Just another reminder about
salvaging used fat...the Army
and Navy are doing it....so
are the farmers, hotels, res-
taurants, and homemakers.....
It's just one of the ways in
which all America is pulling
together.
- ACCENT ON "WHITE" MEAT.....To supplement our civilian
supply of "red" meats, the
WFA is asking farmers to raise
more chickens, and to market
the birds as early as possible.

US Department of Agriculture
Food Distribution Administration



REPORT FROM THE "DYES" COMMITTEE

With the strains of "Easter Parade" floating in over the radio and a whiff of spring in the air, now's the time for a few tips on egg dyes that you may want to pass along to your listeners.

Coloring eggs for Easter is almost as old as Christianity....in fact, long before the first Easter, the egg served as a gift among friends and symbolized the re-creation of spring. Later, Christians adopted the custom of giving eggs and used the egg as a symbol of the resurrection. The first Easter eggs were dyed red for the blood of redemption.

Today eggs may be as variegated in color as the rainbow. In the main, there are two types of Easter egg dyes. The first type, dissolves in water. It may come to you in the form of powder, tablet, or paper saturated with color. Or sometimes you may get a liquid dye that needs no further dilution. Any of these give the egg a uniform color, and frequently manufacturers furnish with the dye various Easter designs...bunnies, flowers, chickens...that can be transferred to the egg when the egg is dry.

Both types are safe for eggs

The second type of dye does not dissolve in water. Rather it floats in a thin film on top. Different colors may be floated without mixing so that when the egg is dipped through the dye, it becomes streaked and comes out variegated. You may find a very few of these insoluble dyes in a powdered form.

While both types of dyes are safe to use, the insoluble ones are good only for Easter egg coloring. They contain substances like turpentine to aid the dyeing. The turpentine pretty much evaporates when the warm egg goes through the floating film. And little, if any, is left by the time the egg is dry. So the insoluble dyes are perfectly safe to use on egg shells, but not suitable for coloring other foods.

Tests for protection

Almost all Easter egg coloring is made of coal tar dyes. And for our safety, the law provides that food dyes must be harmless and suitable for their specified use. Then, in order that we may be sure the law is followed, before a batch of dye goes on the market the manufacturer must submit a sample to the Federal Food and Drug Administration. Food and Drug tests the sample, and if it passes the tests, issues a certificate that the egg dye from that particular batch has been found to comply, and gives the batch a certain lot number. As a rule, the manufacturer then puts the lot number on the envelope or on a slip of paper inside each package of dye. Your listeners may want to look for the lot number when buying dyes....just as a matter of protection.

There's not likely to be any shortage of Easter egg dyes...partly because they're a seasonal product and partly because they take so little dye. Primary coal tar dyes are highly concentrated....a little goes a long way...and so a little made into Easter egg dyes will color many eggs. And that's good news for the kiddies and for the grown-ups who are still kids at Eastertime.

SLOW FLOW

Homer spoke of olive oil in the Iliad as a luxury, and homemakers today have to agree with him on that point. Olive oil is in very short supply and very expensive.

World production of olive oil has always centered around the Mediterranean Basin, the original home of the olive tree. The Franciscan Padres planted the first olive trees in California, and that state today produces practically all the domestic olive oil. But California olives are grown primarily for pickling. As we don't produce anywhere near the amount of olive oil needed to satisfy the U.S. demand, we've relied on imports in the past. The yearly average of olive oil consumed in this country from 1935 to 1939 was 64 million pounds...with only 4 million pounds produced here.

After the outbreak of the war, domestic production of olive oil increased sharply. But when the Mediterranean Basin was again open to Allied Nations and exports resumed, production in the U.S. began to decline.

The question is, then, when will we start importing olive oil in pre-war quantities again? When the war first broke out, imports from Italy and Greece came to a stop. But olive oil continued to come from Spain and Portugal in limited quantities in their ships. And this situation continues today.

In all probability we won't be receiving olive oil from Italy or Greece for a few more years. We imported heavily from them in the past, but now these two countries need all the olive oil they can get to help supply their own food needs. The report is that this year Tunisia will have the largest production of olive oil, ever on record for that country. But here again, most of it will go to help feed her Mediterranean neighbors, especially Algeria, French Morocco, and France.

More for post-war

Still there is a cheerful post-war note in the olive oil blues song. The extensive olive planting programs now going on in North Africa, especially Tunisia and Morocco should mean heavy exports of olive oil to us a few years after the war. Another indication of this is the long-standing Mediterranean tendency to import peanut and other cheaper vegetable oils for their own use. Thus these countries can export the more expensive olive oil and obtain foreign credit for importing manufactured items from abroad.

STARCH FROM SWEET POTATOES

The sweet potato, an industrial crop?.....Yes, as a result of developments by the Bureau of Agricultural and Industrial Chemistry, a high quality white starch is now being made from sweet potatoes.

The new product is being used for sizing and finishing in cotton mills, and by the laundry, baking and confectionery industries. The new enterprise offers farmers an opportunity to add another profitable cash crop to their present farm programs. A large plant is being built this year at Clewiston, Florida, based on the results of research by the Bureau.

AN EARLY CALL TO ORDER

Remember the posters..."You Can't Breakfast Like a Bird and Work Like a Horse"...they're part of the National Nutrition Program to see that Americans start the working day with an adequate meal. You see, early in the war, reports showed that breakfast was usually the most neglected meal of the day. There had to be an improvement if the physical and mental energy of war workers was to be maintained during the most productive part of the day.

Broadcasters might be interested in a new slant that the Bridgeport, Connecticut Nutrition Committee is taking in the promotion of good breakfasts. This group is now advocating early breakfast meetings.

Here are some points in favor of the idea as presented by the Committee members. First, more business can be accomplished in a shorter time at breakfast. There is no time lost in calling the meeting to order, as people usually arrive on time for breakfast. This meal can be served more quickly than the other two, and there is an enthusiasm early in the day to tackle the order of business. All of this adds up to the fact that business steps which would require all evening or several hours at noon can be completed at breakfast in about an hour. What's more, the early breakfast session doesn't interrupt the full work-day. It also makes it possible to put "meeting ideas" into immediate effect.

Most restaurant managers welcome the idea of business breakfasts. Their eating places are not as apt to be filled to capacity and they can promise reservations. And with many breakfast foods point-free, the menu variety is good. Also, a good breakfast can usually be served for less than the cost of an average lunch.

If you encourage the early meeting idea, you'll also want to recommend a good breakfast pattern...one that's primarily ration-point free. The menu might include fruit, cereal, perhaps a protein-rich food (such as, eggs or a combination of eggs and sausage or poached egg on corned beef hash), toast or muffins, butter or fortified margarine, milk for the cereal, and a beverage.

FAT-TERNITY PLEDGE

Every homemaker who's putting by her used kitchen fats is working with the armed services, the farmer, the industrialist, in short, the rest of America... and working, -- not in some big general way...but on a specific task.

In army and navy kitchens in this country, mess officers and chief cooks keep a sharp eye to see that no fat is wasted. They see to it that meat trimmings are rendered and kitchen greases are saved in big tins for regular collection.

In the past, hotels and restaurants have done a good job of helping in the fat salvage drive. So too have the homemakers. And it's expected that...like the homemakers...hotels and restaurants will pitch in to achieve the goal for the 1945 fat salvage drive. And, incidentally that goal, from home kitchens alone, is 250 million pounds. The farmer, for his part, is saving the tallow from the slaughter of cattle. He's raising cotton, soybeans, peanuts, and other oil producing products to near-record levels.

So when one of your listeners scrapes out the last drop of used fat, she's "in the groove" with the rest of America. Maybe you'd like to tell her so.

INTAKE ON THE UPTAKE

Judging from the latest figures, the Community School Lunch program is making friends at a rapid rate. Almost four and one-half million children are eating lunches in 31,859 schools and child care centers, operating with the financial help of the War Food Administration. The number of children enjoying lunch at school is almost twice the number for the same period the year before.

As you know, schools are reimbursed according to the type of lunches they serve. The last figures available show that about two-thirds of the lunches served were complete meals -- that is, a protein dish, fruit or vegetables, enriched bread, butter or fortified margarine and milk. One of the stipulations of the reimbursable program states that all children shall eat lunch regardless of their ability to pay. And it's interesting to note that during December the children who did not pay averaged daily 441,230.

City kids and country kids eat at school

The program seems to appeal equally to both urban and rural schools. More rural schools take part, but more urban children eat prepared lunches at school. One of the largest school lunch units is in New York City where 55,000 grammar school pupils eat lunch prepared in a central kitchen and delivered by a fleet of trucks to the schools throughout the city. The carefully planned lunches, prepared by a staff of 250 employees, follow a general pattern of thick soup or another hot dish, sandwiches, milk, hard cooked eggs, a raw vegetable, such as carrot sticks, cabbage wedges, celery or green peppers, and either stewed or fresh fruit.

In contrast to this large scale lunch program let's take a look in during the noon hour on one of the many one-room schools in the United States. The Elkins Prairie school in Montana has 12 pupils. Last year the teacher took it upon herself to cook at home the night before a stew or soup which she re-heated on top of the stove which supplied heat for the one-room building. The children enjoyed it so much that the parents arranged to have one of the cloak rooms sealed off and equipped for the preparation of a simple meal. Now the teacher and pupils prepare the food and enjoy a complete meal, partially financed by federal funds.

Whether the community school lunch program as it is now set up will continue after the end of this school year depends on the action of Congress. The appropriation made last July, 1944, was made for one year only.

ORANGES THAT ARE ORANGE

Even though oranges are ripe, they often lack the full bright yellow color one expects from ripened fruit...all of which is a handicap in merchandising. The Bureau of Agricultural and Industrial Chemistry began working on this problem in 1923...and they came up with the gas treatment. They found that by treating a green-colored orange with ethylene gas, the green color is bleached out, leaving the fruit a beautiful yellow. The treatment is now in general use, and is estimated to be worth about 8 million dollars a year to the Florida and California citrus producers.

ACCENT ON "WHITE" MEAT

Farmers are being asked to increase their production of chicken. With the present outlook of about 128 to 133 pounds of so-called "red" meats per civilian this year...compared with about 147 pounds in 1944...more chicken meat will come in handy.

Changing war demands and greatly reduced production of some meats, particularly pork, have placed greater dependence upon chicken meat by the armed forces and civilians. While present indications point to some 3 billion pounds of dressed chicken coming up, this amount is not large enough. Out of this must come more than 600 million pounds for the armed forces and for export needs. The remaining supply for civilians would not amount to more than 20 pounds per capita...compared with about 24 pounds each last year.

Chickens to market early as possible

That's why the War Food Administration is urging farmers to raise an extra brood of chickens for meat purposes, and to market them as early as possible. Since the civilian shortage of red meat will be noticed mostly between the present time and late summer, the farmers who get extra chicks immediately would be able to market their birds up to 4 pounds weight by late July. The call for more chickens does not mean holding any of the pullets for egg production. A heavy increase in the number of laying flocks would mean an over-supply of eggs in 1946.

THREE-IN-ONE FOOD STORY

In spite of scarcities and rationing, we ate more of most kinds of food per person in the United States last year than during the pre-war years of 1935-39. On the plus side were dairy products (except butter), meats, eggs, tomatoes and citrus fruits, fresh vegetables and grain products. For just one comparison in figures...in the pre-war years, Americans were eating an average of 126 pounds of meat. In 1944 this amount was increased to approximately 147 pounds.

At the same time we had about as much poultry, game and fish as a group; potatoes and sweet potatoes together; and all kinds of beverages as we had in the years before the war. Our only food items falling short of pre-war years were butter, cheese, evaporated milk, sugar and canned and fresh fruits...other than citrus.

Everyone had less sugar

Our neighbor, Canada, fared about as well. Canadians had less potatoes and sweet potatoes...but more fats and oils than they'd used other years. On the other hand because the United Kingdom imports a large part of its food supply, Britain stood with a minus score on many foods. Britishers ate considerably less meat than in pre-war years, less poultry, game and fish; less fats and oils, tomatoes and fruits.

None of the three countries pampered the national sweet tooth. Each had less sugar. But each of the countries consumed more leafy green and yellow vegetables and fluid milk...a significant step in the right direction from a nutritional point of view.

"DOWN UNDER" HOSPITALITY

A great many American G.I.'s who have been stationed in Australia have been impressed with the food down there. In case you happen to hear one of them longing for scones on his return to the U.S.....or curry....here are a few recipes for the Australian delicacies.

SCONES

8 ounces flour
 $\frac{1}{2}$ teaspoon salt
 4 level teaspoons baking powder
 1 ounce butter
 $\frac{1}{2}$ to $\frac{2}{3}$ cup milk

Cut butter into the sifted dry ingredients until the mixture reaches a breadcrumb consistency. Sprinkle in the liquid and combine quickly by tossing the ingredients with a knife. Turn out onto a slightly floured board. Roll, shape and brush over the surface with milk or with egg and milk. Bake on a floured pan in a very hot oven (450 degrees) for 15 minutes. Yield...16 scones, 2 to 2 $\frac{1}{2}$ inches in diameter.

CURRY FOUNDATION

1 apple, chopped	$\frac{1}{2}$ ounce flour
1 onion, chopped	1 tablespoon coconut
1 ounce raisins or sultanas	1 tablespoon curry powder
3 cloves	1 teaspoon plum jam
$\frac{1}{2}$ lemon, juice and rind	1 teaspoon chutney
$\frac{1}{2}$ pint stock	(if not served later)
$\frac{1}{2}$ teaspoon salt	1 ounce butter or drippings

Heat butter or drippings in a saucepan, brown the apple and onion. Add flour and curry and stir well. Gradually add stock while stirring. Heat to the boiling point, add remaining ingredients, and simmer for half an hour. Use with beef, lamb, shrimps, etc.

OXTAIL AND KIDNEY STEW

1 oxtail, cut in pieces
 6 sheep or lamb kidneys, skinned and halved
 1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 1 pint stock
 1 ounce drippings
 1 ounce flour
 1 large onion, diced
 1 carrot, diced
 $\frac{1}{2}$ turnip, diced
 1 stalk celery, diced

Trim fat from tail and kidneys, roll in seasoned flour and brown in heated drippings. Brown onion and vegetables in drippings also. Place meat in a saucepan, add stock and heat. Simmer for $\frac{3}{4}$ hour. Thicken liquid with flour, season, and serve with parsley garnish. Serves 6.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Oranges, grapefruit, lemons
IN MODERATE SUPPLY.....Avocados (high), apples (except Pippins and Winesaps),
Winter Nelis pears
IN LIGHT SUPPLY.....Few Emperor grapes (high), tangerines, Anjou pears
BEST VEGETABLE BUYS.....Carrots, cabbage
IN MODERATE SUPPLY.....Tomatoes, cauliflower, peas, sweet potatoes, yellow onions,
celery, rutabagas, bunched vegetables
IN LIGHT SUPPLY.....Lettuce, Italian and white summer squash, No.1 potatoes,
white onions, parsnips, rhubarb, asparagus, eggplant,
peppers, broccoli, Brussels sprouts

San Francisco

BEST FRUIT BUYS.....Oranges, grapefruit
IN MODERATE SUPPLY.....Apples, pears (best at ceiling)
BEST VEGETABLE BUY.....Peas
IN MODERATE SUPPLY.....Asparagus, (lower), lettuce, broccoli (higher), artichokes,
squash (fairly high), tomatoes
IN LIGHT SUPPLY.....Sweet potatoes (best at ceiling)

Portland

BEST FRUIT BUYS.....Small size oranges (below ceiling), Arizona grapefruit
IN MODERATE SUPPLY.....Large size oranges (ceiling), apples (ceiling), lemons,
pears
IN LIGHT SUPPLY.....Avocados
BEST VEGETABLE BUYS.....Onions, carrots
IN MODERATE SUPPLY.....Cabbage, Brussels sprouts, peas, rhubarb, radishes,
sprouting broccoli, celery (fairly high)
IN LIGHT SUPPLY.....Sweet potatoes, cauliflower, lettuce, spinach, asparagus,
summer squash, eggplant

Seattle

BEST FRUIT BUYS.....Arizona grapefruit
IN MODERATE SUPPLY.....Apples, oranges
IN LIGHT SUPPLY.....One car fresh Cuban pineapples (high), avocados, Anjou pears.
BEST VEGETABLE BUYS.....Carrots, onions, spinach, tomatoes, peas
IN MODERATE SUPPLY.....Cauliflower and lettuce (higher), cabbage, broccoli,
parsnips, rutabagas, turnips, local hothouse rhubarb (high)
IN LIGHT SUPPLY.....Celery (high), asparagus (high), peppers (ceiling), No.1
potatoes, sweet potatoes (higher)

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Radio Round-up on food...

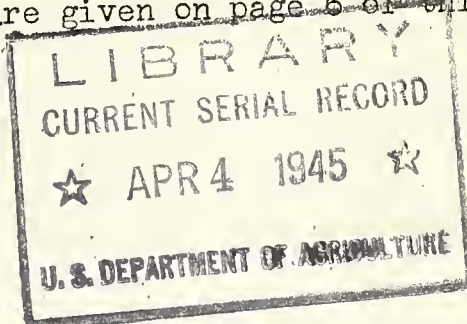
A Service for
Directors of Women's Radio Programs

San Francisco, California
March 24, 1945

IN THIS ISSUE

- MEAT DELETE.....The latest information on civilian meat supplies for April through June. The military forces will get an increase....Lend-lease a decrease.
- IT'S MANNA TO THEM.....A report about prisoner-of-war packages during Red Cross month. Food in the packages must be nutritious...to their likes..... and able "to take it".
- A RE-EVALUATION IS NECESSARY.....Judge Jones, WFA Administrator, reports on the food production front ...present food situation.... relief and allied requirements.
- GIVE 'EM THE COM-ON.....The Women's Land Army will be called on again this year to give some time to farm work. Names and addresses of supervisors of the Women's Land Army are given on page 6 of this issue.

**WAR FOOD ADMINISTRATION
Office of Distribution**



MEAT DELETE

Here's the latest information on civilian meat supplies for April through June...more veal, lamb and mutton than was available during the first three months of the year, but less beef and pork. This all simmers down to a continuing tight supply of meat.

The civilian allocation of meat for this coming quarter is 3 billion 793 million pounds...12 percent less than in the first quarter of 1945. The cut is necessary because right now we're going through the seasonal low time for livestock marketings and because increased supplies of meat must go for military uses. The civilian supply will now mean about 115 pounds of meat per person this year. This is almost 30 pounds per person less than in 1944. Nor can we expect much improvement in supply before the fall months when livestock marketing is on the seasonal increase. The end of the war in Europe will not materially affect the meat situation.

Because the meat supply will be tight there are plans now under way to see that what we have is more fairly distributed...especially to congested war production centers. This new distribution plan will become effective as soon as regulations can be formulated by the OPA under authority delegated by the War Food Administrator. The new action will see that more cattle and hogs move into federally inspected plants and thus into inter-state trade channels. When livestock is slaughtered in non-federally inspected plants it cannot be shipped across state lines. So if a meat producing state tends to have a large number of its cattle going into this type of plant the local supply of meat is out of proportion to what other non-producing meat states have.

Increase for Military...Decrease for lend-lease

The military forces will get 4 percent more meat the next three months than they received in the first quarter of the year. This supply will assure the necessary meat ration for our fighting men and women. Also, in addition to our military personnel we must send rations for civilians working with our army overseas, prisoners of war and part of the allied armies...including the Filipinos and Free French and Italian units serving with the U.S. Army. Prisoners of war menus now contain meat alternates and the amount of meat required for this purpose has been greatly reduced.

There will be substantial reductions in the amount of meat going to lend-lease the next three months, too. The only supplies to be made available are 325 million pounds. Almost all of this will be pork and beef tushonka...a canned meat product with a high percentage of fat...which had been contracted some months ago by Russia for its army. The United Kingdom will only get 25 million pounds of meat the next three months compared with 207 million pounds in the first quarter. Limited supplies of meat for feeding civilians in liberated areas will be made from stocks held by the United Kingdom. This reduction in the foreign allocation was made because any further reduction of supplies in the United States would create difficult distribution problems. Still, our meat ration will be larger than that in the United Kingdom. Last year the British per capita ration of meat was 50 pounds less than ours.

IT'S MANNA TO THEM

This is Red Cross month and a good month to tell your listeners about prisoner-of-war packages.

Under the Geneva Convention, prisoners may receive individual packages of food...meant particularly to fill in the hollow spots left by the prison diet. The War Food Administration buys most of the food for these packages, but the boxes move into prisoner hands through the International Committee of the Red Cross.

The American Red Cross prepares and ships all food packages sent from our country to American and allied prisoners, but, in turn, the governments, to whose nationals the packages were sent, reimburse the Red Cross for the cost of the packages.

Packages must be nutritious...their likes...able "to take it".

The items in the food packages are planned by the Red Cross Nutrition Service in consultation with the Office of the Medical Director. Each package when wrapped and ready for shipping weighs 11 pounds. Much had to be considered in planning the package. Above all else, food items must be nutritious. Prison camp diet is likely to be starchy and deficient in proteins, fats, vitamins and minerals. It's been the aim of the Red Cross to give as nearly as possible food that will provide the essentials for an adult doing sedentary work.

Then after the nutrition angle came the question of likes. So far as possible, the nutrition service planned for food items that prisoners like and have been used to at home. And to prevent monotony, many items vary from week to week. Always there's a basic pattern of milk, table fat, cheese, meat, and dried fruit, but the other items vary as do the kinds of meat and fruit.

Since the packages may be in transit a long time and in all sorts of climates, the food items have to be able "to take it". Ration D chocolate bar, for instance, has been used because it can withstand temperatures up to 120 degrees. Red Cross packages as a rule can stick it out for a year in good condition.

Contents of a standard package

As an example of what a p.o.w. gets, here's a typical package: whole powdered milk, processed American cheese, an army spread (butter and cheese), whole spray dried eggs, corned beef, pork luncheon meat, peanut butter, salmon, prunes or raisins, jam, biscuits, chocolate bar (ration D), sugar, coffee (soluble), salt and pepper, multivitamin tablets, chicken noodle soup.

In addition, each package contains four or five packs of cigarettes, four ounces of soap, and sometimes chewing gum. As you know, the Japanese have not been cooperative in providing the necessary facilities for relief supplies to go regularly to prison camps throughout the Far East. But those shipments which have reached our prisoners in Japanese hands contained a high amount of protein, as many as five tins of meat...fish and cheese.

The Red Cross makes every attempt to give each American prisoner one standard food package weekly. For if a p.o.w. gets his package each week, he's not likely to run into any serious nutritional deficiencies. Besides the standard food packages, there's a special Christmas package, and a special invalid package with foods especially adapted to the needs of the sick.

A RE-EVALUATION IS NECESSARY

Certain food items such as meat, lard, fats and sugar are not plentiful enough right now in this country to meet all the demands of all claimants...our armed forces, civilians and allies. However, maybe your listeners are too conscious of these shortages and forget the over-all food production effort and the many items in good supply.

So that there will be no misunderstanding on the food situation, certain basic facts should be recalled. You might like to remind your listeners of some statements made by Marvin Jones, War Food Administrator.

On the food production front, Judge Jones points out that "The farmers in America...despite handicaps of war...have produced substantially more food in each of the war years than they did in peace time." (last year, record or near-record levels were set for just about every food item...with a total production one-third higher than in pre-war years. And the latest crop report indicates another year of all-out production.) "This year," Judge Jones said, "The War Food Administration is continuing to urge all-out production of the greatest possible amount of food. Congress has provided assistance by making available price supports as an assurance to farmers."

As for the present food situation, Judge Jones pointed out that there is still a good supply of food in this country. "Certain items such as meats, lard, fats and sugar are less than the over-all requirements, but other items are in plentiful supply. And even after taking into account those that are in short supply, there is sufficient...if it is properly distributed and shared...to assure our people a good, wholesome diet. The people in the United States, on a per capita basis, have been eating more than they did prior to the war." Here again broadcasters can point out the substitution of more plentiful foods for those in short supply.

Requirements for civilians...Allies...Relief

Judge Jones had this to say of other than civilian requirements... "The requirements of our armed forces are necessarily growing and everyone wants these requirements to be met." And this to say of supplies for our allies, "We know that only because of the food that we were able to furnish the Russians and our other fighting allies have they been able to carry on as they have in their military operations. This not only serves them, it serves us as well". As for relief supplies, he said, "There are certain relief needs in Europe and the Pacific Area, especially in the wake of battle, that must be met."

He summed up these needs by saying, "I am sure, in the light of these facts that the people of the United States will make every effort to be helpful in assuring an adequate supply for our armed forces and our fighting allies. We all realize the necessity of sharing this food and playing square with our neighbors... and our fighting forces and our allies."

AROUND THE CORNER

There will be substantial increases in the plantings of crops needed to meet the war situation, according to the very latest report from the United States Department of Agriculture. Every month the crop reporting board of the Department puts out a statement on crop conditions. The March report is of interest because it tells how the farmers across the nation have again expressed their intentions to plant near-record acreages of the principal food and feed crops this year.

Rice is one crop with a near-record acreage indicated for 1945. Expected demands, good yields last year and favorable conditions this spring are factors in this increase. Another grain showing an increase was winter wheat...5 million acres more this year than last. Oats showed an 8 percent increase. This increase was chiefly due to the fact that labor and equipment requirements for this crop are relatively low and because oats have gained in favor as a feed crop.

Indicated increases and decreases

The greatest indicated increase this year is in flaxseed plantings....upped 37 percent. This crop is important so that linseed oil will meet civilian and military requirements. There will also be 20 percent more sugar beets planted than last year. Even though there is an increase reported in the acreage of sugar beets, farmers have some apprehension concerning labor for thinning and harvesting the beets. So the 1945 indicated acreage is still under the 1934-43 average.

These indicated increases will offset the crops going down in acreage this year. Decreases are expected in such feed crops as corn, barley and sorghums.. and in such food crops as dry peas and beans, sweet potatoes and potatoes, soybeans, peanuts and spring wheat. The total acreage of commercial vegetables seems likely to be only slightly lower than in 1944. Some of the farmers are cutting back on certain crops because their boys have been called or expect to be called for military service. The older men cannot carry the overload and some are less skilled at repairing power equipment. Also some machinery parts and services are harder to secure. So most farmers feel compelled to shift to a combination of crops and livestock which will spread the work load. There does not appear to be any large area where farmers are seriously handicapped by weather, finances, seed or feed shortages.

APRIL FOOLING AT EASTER

With Easter and April Fool's falling on the same day this year, you may want to tie in with your program a common fallacy about eggs. Most of us have heard from the cradle up that raw eggs are easiest to digest. Actually either soft or hard-cooked eggs digest more completely than raw ones. Our main concern is to keep the eggs tender by cooking them over low, slow heat.

And here are other "old wives' tales" that you may find useful in connection with April first. True or false? It's dangerous to eat seafood and drink milk at the same meal. False, obviously, since some of our tastiest fish dishes...clam chowder, oyster stew, lobster Newburg...require milk in the making.

And another fallacy that may well be exploded while meat is scarce: Athletes and others doing heavy muscular work do not need more meat in their diets. Strenuous activity calls for a high-calorie diet, but it's expensive and unnecessary to supply the calories in the form of protein.

GIVE 'EM THE COM-ON

The nation's farmers have been asked to produce the greatest possible amount of food this year. At the same time, agriculture's labor ranks are being reduced further this year to meet the needs of the armed forces. So the importance of recruiting emergency farm labor is most urgent this year if farmers are to meet their goals.

The War Food Administration estimates that four million women, men, boys and girls from town and cities are needed to work on farms this year. Of that number, about three-quarters of a million must be women; a million and a half boys and girls.

As in previous years, the greatest need for women will be for seasonal farm work...teachers and college girls with two to three months vacation, business girls willing to spend part of their vacation in emergency farm work or in a canning factory; housewives who will, when the local call comes, help save a crop of beans or tomatoes, or berries or apples.

You can help tremendously by telling your listeners about these needs... and stressing the importance of filling them. It's not too early to plan how you can do this most effectively.

The supervisor of the Women's Land Army for your state can help you tie in your copy with local farm labor needs. The state supervisor can tell you to what extent women will be called upon to help on farms in your locality. They can also help you arrange features...such as interviews with town and city women who have worked on farms.

If you don't already know the name and address of your local farm labor officer, the state supervisor will supply you with this information.

Western Region Land Army Supervisors

You will find the name and address of the Women's Land Army Supervisor for your state in the following list. The people listed are in charge of all U.S. Crop Corps activities...including the Women's Land Army. Perhaps you'll want to save these names, too, for later reference. Anything you can do through your programs to encourage women and boys and girls to give some time to farm work this year is high-priority help with the war.

ARIZONA

Howard R. Baker
Agri. Ext. Serv..
Univ. of Arizona
Tucson, Arizona

IDAHO

D. L. Fourt
Agri. Ext. Serv..
Univ. of Idaho
Moscow, Idaho

MONTANA

R. E. Bodley
Agri. Ext. Serv..
Montana State Coll.
Bozeman, Montana

NEVADA

Otto R. Schulz
Agri. Ext. Serv..
Univ. of Nevada
Reno, Nevada

CALIFORNIA

Irene Fagin
Agri. Ext. Serv..
Farm Credit Bldg.
Milvia at Center St.
Berkeley, Calif.

OREGON

Mrs. Mabel Mack
Agri. Ext. Serv..
Oregon St. Agri. Coll.
Corvallis, Oregon

UTAH

G. Alvin Carpenter
Agri. Ext. Service
Utah St. Agri. Coll.
Logan, Utah

WASHINGTON

Arthur F. Kulin
Agri. Ext. Serv..
State Coll. of
Washington
Pullman, Wash.

WYOMING

Ellen L. Bramblett. Agri, Ext. Serv.
Univ. of Wyoming, Laramie, Wyoming

PLENTIFUL FOODS DURING APRIL

The following foods are expected to be plentiful throughout the Western region during April, 1945.

1. Carrots
2. Cabbage
3. Spinach
4. Asparagus
5. Cauliflower
6. Turnips
7. Oranges
8. Apple butter, citrus marmalade; jellies, grape, plum, and fig jams
9. Dry-mix soups
10. Dry edible peas
11. Soya flour, grits, and flakes
12. Wheat flour and bread
13. Macaroni, spaghetti, noodles
14. Oatmeal

CARROTS A PLENTY

Carrots will be a best buy in the Western Region for the next few weeks. Most of these carrots are topped, but don't let that influence your buying them. Many homemakers prefer to buy them with the tops still on...and then go right home and cut them off before putting them in the refrigerator or storage bin. The tops do not have any effect on the vitamin content of carrots...topped or bunched they are a good source of vitamin A.

Carrots may well be called the "handy vegetable in the kitchen" because there are so many ways to serve them. You get the most vitamins by eating them raw; however, there are many ways to cook them. They add color...vitamins...and variety to wartime menus.

Actually, when you eat carrots, you don't eat vitamin A...but carotene.... a substance which our bodies manufacture into Vitamin A. When slicing carrots, you may have noticed those light yellow and deep colored orange rings, with graduations of color radiating both outward and inward. These graduations of color indicate the accumulation of carotene that has taken place during the carrots' growing process. As the carrot root increases in size, it changes in color from a whitish yellow, when very young, to a dark yellow, or orange, according to the variety.

Broadcasters should encourage their listeners to take advantage of the seasonal abundance of carrots now on the market. Their color fits with the Easter season, and it tells you, too, that your diet will be rating high in vitamin A. Advise your listeners to take some home when they go shopping this week.

MARKET PANORAMA

Seattle

BEST FRUIT BUY.....Arizona grapefruit
IN MODERATE SUPPLY.....Apples, oranges, lemons
IN LIGHT SUPPLY.....Texas pink grapefruit, bananas, Cuban pineapples, avocados
(higher)
BEST VEGETABLE BUY.....California celery, (lower), spinach (lower), carrots,
beets, turnips, rutabagas, onions, squash
IN MODERATE SUPPLY.....Sweet potatoes, asparagus, (lower), cabbage, cauliflower
(lower), peas (higher), cull grade potatoes (lower-backing
up on market)
IN LIGHT SUPPLY.....Lettuce (ceiling), tomatoes, potatoes, Florida new
potatoes, (ceiling), Broccoli

Portland

BEST FRUIT BUY.....Arizona grapefruit
IN MODERATE SUPPLY.....Oranges (ceiling-all sizes), apples (ceiling)
IN LIGHT SUPPLY.....Avocados, bananas, pears
BEST VEGETABLE BUY.....Bunched carrots, cabbage, onions, cauliflower
IN MODERATE SUPPLY.....Cauliflower, bunched green onions, sprouting broccoli,
tomatoes (Mexican and local hothouse)
IN LIGHT SUPPLY.....Lettuce, potatoes, zucchini, asparagus, rhubarb

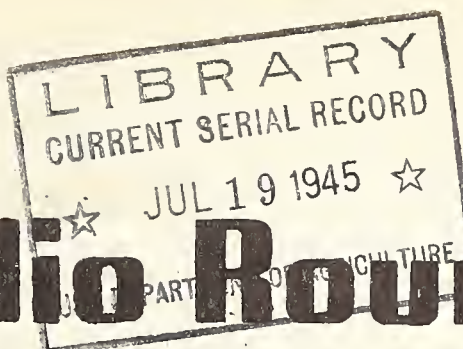
San Francisco

BEST FRUIT BUYS.....Oranges, grapefruit
IN MODERATE SUPPLY.....Apples, lemons
IN LIGHT SUPPLY.....Pears
BEST VEGETABLE BUYS.....peppers (lower), squash, zucchini and summer (lower),
carrots (bunched and topped), celery, spinach
IN MODERATE SUPPLY.....Rhubarb (increasing in supply - slightly lower), peas,
artichokes, cabbage, cauliflower, asparagus (lower),
broccoli
IN LIGHT SUPPLY.....Tomatoes (ceiling), lettuce (ceiling), sweet potatoes,
potatoes

Los Angeles

BEST FRUIT BUYS.....Oranges, grapefruit and lemons
IN MODERATE SUPPLY.....Avocados, apples
IN LIGHT SUPPLY.....Pears
BEST VEGETABLE BUYS.....Carrots (bunched and topped), cabbage, cauliflower, celery,
squash
IN MODERATE SUPPLY.....Asparagus, artichokes, peas, tomatoes, rhubarb, broccoli
IN LIGHT SUPPLY.....Potatoes, sweet potatoes, eggplant

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Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
March 31, 1945

IN THIS ISSUE

PROTEINS PRO TEM.....There's been some talk about our protein foods being in short supply..... but actually only two of them are rationed....meat and cheese.. We still have plenty of fish, eggs, milk, dry beans and peas, soybeans and nuts. So really, no one can sing the protein blues we're doing all right.

COLOR CRITERION.....Under the terms of the enrichment regulation, all bakers' white bread and rolls must be enriched, and much of the flour used in home baking is voluntarily enriched by the millers.. A new test has been developed which indicates almost immediately whether or not flour or bread has been enriched.

LETTING THE CANDY BARS DOWN.....After the first of April, there will be more candy bars for civilians, since the Armed Forces now require only 35 percent instead of 50 percent of the candy bars produced.

AN EAR TO THE GROUND.....From all reports, it looks like a big Victory Garden year....we need the gardens to ease the pressure on commercially produced fruits and vegetables. Also, those who produce their own will be sure of getting the fresh food they want.

US Department of Agriculture
Food Distribution Administration

PROTEINS PRO TEM

Because we use the same color ration points for meat, fats and cheese, some people tend to think these foods are all the same type...that is, protein foods. Since supplies of these red-point items are not sufficient to meet unlimited demand, these cheerless chortlers say there isn't an adequate supply of protein food in this country. Broadcasters can do a lot to clear up these two mis-statements.

In the first place, our main protein foods are meat, fish, poultry, milk, cheese, eggs, dry beans and peas, soybeans and nuts. And there's a certain amount of protein in flour and cereals, too. Protein foods, you know, are the ones that help build and repair the body. Nowhere in this protein classification are butter, margarine and other fats. Fats are energy foods and they also give the diet "staying qualities". And incidentally, butter and fortified margarine also provide vitamin A.

Only two protein foods are rationed

As for that statement about protein adequacy...only two of our protein foods, meat and cheese, are on the ration list. And even some meats and cottage cheese are not rationed now. So it looks like our protein supply isn't too limited, and it's time to consider the more plentiful and unrationed protein foods which we can alternate for meat.

Thanks to bumper crops of grains in 1944, bread and cereal products are on the abundant list this year. While cereal foods do not offer protein in the quality and quantity that would let us rely on them alone, this limitation can be partly offset by eating them in sufficient quantity and more frequently. When they are combined with a little milk, meat or eggs, they provide the diet with good quality protein. In a study of the American diet in 1942, the Bureau of Human Nutrition and Home Economics found that 28 percent of our protein comes from cereal foods. Dry beans and peas can carry some of the protein load and they will be in adequate supply for civilians.

More milk in April

Eggs are interchangeable with meat as a source of protein. And there will be good supplies of eggs this year for civilians. By way of comparison, the amount of protein yielded by a lamb chop can be obtained from one and a half eggs....or one and a fourth ounces of cheddar cheese or a large glass of milk.

Milk production is always highest in the months of April through June. It's expected now that consumers will be able to meet all their requirements for fluid milk and for buttermilk. Cheddar cheese will be available in the same amount as in the past months, but we can expect increases in the supply of cottage cheese. Ice cream production also starts going up in April until the peak production period is reached in July. So, all in all, there's no need to take a gloomy view of our over-all protein supply.

COLOR CRITERION

Under wartime regulation all bakers' white bread and rolls must be enriched. As for the flour used in home-baking, some of it is enriched on a voluntary basis by millers. In fact for the past two years, the greater percentage of the flour sold for home use has had stepped-up nutritive value because niacin, thiamine, riboflavin and iron have been added.

To see that the terms of the enrichment program are followed, specialists in the Office of Marketing Services, War Food Administration make tests with samples of bread from bakeries throughout the country. Most of the testing is done at the Beltsville (Md.) research center of the War Food Administration, but some is done at the Processed Foods Inspection Laboratory, San Francisco.

Right now there is a new chemical test which will indicate almost instantly whether flour is enriched or not. Developed at the Beltsville (Md.) laboratory, the test requires the use of only two reagents...a four percent aniline solution in ethyl alcohol and a four percent aqueous cyanogen bromide solution.

Those are pretty fancy names but the actual test is simple. About one-half to one gram of flour is pressed on a white blotter or in a porcelain dish. Two drops of the aniline solution are dropped on the flour, followed by three drops of cyanogen bromide solution. Almost immediately a canary yellow color appears if the flour has been enriched. The intensity of color depends on the amount of niacin present in the flour. A color comparison has to be made within four minutes after application of the reagents because even unenriched flour will develop a slight yellow color after 10 to 15 minutes....evidently due to the fact that a small amount of chemically-bound niacin is naturally present in unenriched flour. Enriched flour, however, contains a relatively large amount of niacin in a free state because it has been added in the enrichment process. The new test is also helpful in detecting enriched bread. It should be remembered though that this test shows only the presence of added niacin in bread and flour. The exact amount of all four enrichment ingredients required by War Food Order No. 1 can be determined only by a longer and more complex method of testing.

LETTING THE CANDY BARS DOWN

After the first of April you'll notice more candy bars, rolls and packages at confectionary counters across the country.

Our candy manufacturers are only going to be required to set aside 35 percent of their production for the armed forces instead of 50 percent. Since October 1944, all manufacturers, who made more than 10,000 boxes of the 5 cent candy bars a month, have been sending half of their production to the Armed Forces for sale in post exchanges and ships service stores in this country and abroad.

The reduction in the candy order was possible because the army now has received a sufficient amount to fill supply lines. Subsequent requirements after April 1 can be filled with the reduced percentage. But due to the fact that less sugar will be available to candy manufacturers the next three months than the past three months, the increase in candy bars for civilians will not be as large as might otherwise have been the case.

AN EAR TO THE GROUND

It looks like a banner gardening year. That's the gist of reports from state garden leaders and commercial seedsmen coming into the Victory Garden Headquarters in Washington, D. C.

In southern states, where the majority of gardens are already planted, the state goals call for substantial increases over last year. But it's not too late to plan and plant a garden in other states, however, time is flying and your listeners should realize that seedsmen and garden supply houses in every part of the country face a rush on all garden supplies.

Everybody who has, or can get a plot suitable for gardening should grow and preserve more of his own food supply. Food grown in the home garden eases the pressure on commercially produced fruits and vegetables needed for military, lend-lease, and relief purposes. But that's only part of the story. By growing your own you play safe.

No doubt you'll do all you can to encourage gardeners and give them information on getting the most from their gardens. Maybe there's an organized Victory garden program in your city that you can help along. The editor of the Agricultural Extension Service of your State College of Agriculture will gladly supply you with information on "How Goes" the organized Victory garden program in your coverage area.

You will find the name and address of the Agricultural Extension Service editor for your state in this list, and perhaps you'll want to save these names for later reference.

EDITORS OF AGRICULTURAL EXTENSION SERVICES

ARIZONA	Editor's job temporarily vacant, write C. U. Pickrell, Director of Extension, College of Agriculture, University of Arizona, Tucson.
CALIFORNIA	Richard H. Grant, Information Specialist, College of Agriculture, University of California, Berkeley, 4
IDAHO	Neil F. Blair, Editor, Agricultural Extension Service, University of Idaho, State House, Boise.
MONTANA	Louis True, Editor, Montana State College, Bozeman
NEVADA	A. L. Higginbotham, Extension Editor, College of Agriculture, University of Nevada, Reno
OREGON	J. C. Burtner, Extension Editor, Oregon State Agricultural College, Corvallis.
UTAH	Editor's job temporarily vacant, write W. W. Owens, Director of Extension, Utah State Agricultural College, Logan
WASHINGTON	Herbert W. Neil, Extension Editor, State College of Washington, Pullman
WYOMING	Goodrich S. Walton, Editor, College of Agriculture, University of Wyoming, Laramie.

HEP-CATS GET HEP

And speaking of food production, farmers are going to need the help of patriotic boys and girls of teen-age again this year. We referred to that fact last week in the Round-Up story on the Women's Land Army.

At least a million and a half boys and girls from towns and cities will be needed to do farm work...as Victory Farm Volunteers of the U.S. Crop Corps.

You can help by finding out about the farm labor call for teen-agers in your community and by encouraging parents to give permission for their children to do farm work. These young helpers can find where they will best fit into the farm work schedule by talking with their school principal or scout master....or some other youth leader, or the county agricultural agent. Probably any one of these organization heads would be glad to appear on your program and give the answers to some of the questions, about plans for recruiting farm labor.

For general information on the need for emergency farm help in your entire area, how and when it will be recruited, we suggest you get in touch with the editor of your state agricultural extension service. See list of names and addresses on Page 4.

A DRY SUBJECT?.....WELL, HARDLY

Everyone is hearing about dehydrated foods these days...eggs, vegetables, even meats in dehydrated form are saving millions of feet of shipping space each year. Our fighting men overseas are getting dehydrated foods...our allies are eating them. Here at home, we civilians eat dehydrated soups regularly.

The story behind dehydrated foods dates back to our early history. But since the present war, when cargo space was limited and people all over the world needed food...as much of it as they could get...the dehydration industry really got to work. Look at fruits and vegetables, for instance. In order to determine which varieties of which fruits and vegetables would dehydrate most successfully, the Plant Industry Station at Beltsville, Maryland made some important experiments. They dehydrated 80 varieties of peaches, 35 types of sweet corn, 25 kinds each of potatoes and sweetpotatoes...40 snap beans and onions. They dried 30 varieties each of carrots and beets, and more than 40 of pumpkin and winter squash.

It was necessary to make these tests in a hurry, because dehydrators needed prompt advice in order to get to work on a wartime basis. Consequently, the results of these tests have been written up promptly and have appeared in more than a dozen journals circulating among dehydrators and food preservers.

As a result of the Beltsville studies, processors can be advised as to the varieties which are most likely to give a satisfactory dried product...and even the stage of maturity at which each variety will give the best results.

A carload of dehydrated onions shipped from California to New York will save 54,000 car-miles which otherwise would be necessary in handling the useless water in those onions.

SOMETHING FOR JOE'S GIRL

A farm after war! That's the dream of many G.I. Joes now on the fighting fronts. On the basis of an army survey, it's now estimated that about a million service men and women expect to go into farming when the war is over.

Sharing Joe's dream is the girl who'll play a major role in helping build that post-war farm home. (In some cases, this girl is already Joe's wife. In other cases, she's the girl he plans to marry. Or she may be Joe's mother.) Right now, Joe's "women-folks" are in a better position than he is to get information on farming opportunities.

Probably you'll be slanting broadcasts to Joe's girl through the coming months. She wants to know about the help they may expect. For example, the loan guarantee in the G.I. Bill of Rights. Briefly - the government will guarantee repayment of 50 percent of the money which the qualified veteran borrows to buy a farm, livestock and equipment...provided the 50 percent does not exceed \$2,000. The veteran borrows the money from a commercial or from a government lending agency. Repayments on real estate purchases can be paid back over a period of 20 years at 4 percent interest.

A wise investment - that's the problem

But getting the money to buy the farm isn't the only problem confronting Joe and his girl. Whether they borrow the money or use their war savings and his mustering-out pay to buy their farm, the big problem is to make a wise investment - to buy a farm that with skillful operation will bring them and their family a good living through the years. Joe and his girl need help in judging the value of the farm on the basis of its long-time earning capacity. They want to get full value for their money. They need to be warned against the hazards that await the unwary. They need practical, down-to-earth information from men who know the complicated business of farming.

You can tell Joe's girl that agencies in the Department of Agriculture stand ready to help out. If she and Joe want to know where there are farms for rent or sale, about how much money they'll need, what kind of farming is best in the area, or any other general information of that kind, they should contact their Extension Service County Agent. But if she and Joe have a farm in mind and know all about the farming they want to go into, they can contact a bank or other lender for a G.I. loan. In getting their loan, they will have help in seeing that they make a wise and sound investment. The Farm Security County Committee reviews every G.I. farm loan before it is made and makes sure that Joe and his girl won't get a bad buy with their money.

SOME GO UP -- SOME GO DOWN

April 1, ration points for canned asparagus and peas go up 10 blue points for the No.2 can. Good news in the canned fruit line is that sweet cherries, plums, prunes, and tomato juice each go down in point value. Here's the reason behind these point changes....peas and asparagus are being purchased a little too rapidly to spread the supplies evenly over the remaining months of the current pack year. On the other hand, sweet cherries, plums, prunes and tomato juice could move a little faster. Red points for margarine, shortening, salad oils, lard and pork products will go up from one to three points during the April rationing period. Again, these point changes were made to keep supply and demand in reasonable balance.

ANOTHER SIDE OF THE FAT STORY

In Radio Round-Up we've talked about Fat Salvage, rationing of fats and oils, and the reasons behind the rationing. But here's a story on how we get some of these basic ingredients in our baked and fried foods.

In the first place, there are three main classes of shortening: Lard, vegetable shortenings and blended shortenings.

Lard is natural hog fat, and is classified according to the method by which it is rendered...usually one of three methods. Kettle-Rendered lard is made by cooking hog fat in an open steam-jacketed kettle. Kettle-Rendered lard, or Open Kettle lard, has a characteristic flavor which it imparts to foods cooked with it.

Steam-Rendered lard comprises 80 percent of the commercial lards, and is made by rendering fat stocks in a closed container in the presence of steam. The flavor is milder than Kettle-Rendered lard. Dry-Rendered lard is made by cooking the fat in a vacuum with the moisture drawn off during the rendering process.

All lard should be kept under refrigeration and away from sunlight to prevent staleness and rancidity. Lard is perishable, and has a slightly longer holding quality than butter.

Vegetable shortenings

These are made from vegetable oils which are refined and processed to give a pure, bland product. In some shortenings only one oil is used, while two or more vegetable oils are blended in others. To make them, one of two methods may be used. All the oil may be solidified by the introduction of hydrogen. This process is called hydrogenation. Or, only part of the oil may be hydrogenated, and then mixed with unhydrogenated oil, as in compound shortenings.

Hydrogenation brings the oils to the desired degree of hardening, and the finished shortening should be creamy white, of a smooth texture, plastic in consistency, bland in odor and flavor. It should be so stable that it gives off neither smoke nor odor at frying temperatures. It need not be refrigerated because it keeps sweet and fresh at room temperature. However, vegetable shortenings shouldn't be exposed to extremes of heat or cold, nor be exposed to strong light.

Blended shortenings

These are mixtures of vegetable oils and fats with animal fats and oils. Blended shortenings of best quality are uniformly white, smooth and creamy, and have a bland flavor and a satisfactorily high smoking point.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Grapefruit, lemons (slightly lower)
IN MODERATE SUPPLY.....Oranges, apples, avocados (high)
IN LIGHT SUPPLY.....Cuban pineapples, Emperor grapes, Anjou pears (high)
Winter Nelis pears
BEST VEGETABLE BUYS.....Yellow onions, banana squash
IN MODERATE SUPPLY.....Cabbage, carrots (slightly higher), bunched vegetables,
celery, cauliflower, rutabagas, tomatoes, Italian and
white summer squash, peppers, peas
IN LIGHT SUPPLY.....Lettuce, potatoes, white onions, artichokes (high),
Brussels sprouts, rhubarb, sweet potatoes, eggplant.

San Francisco

BEST FRUIT BUYS.....Grapefruit, oranges
IN MODERATE SUPPLY.....Apples, pears, avocados
BEST VEGETABLE BUYS.....Asparagus, onions, peppers
IN MODERATE SUPPLY.....Rhubarb (lower), lettuce (ceiling), soft Italian and
white summer squash (reasonable), banana squash (higher),
tomatoes
IN LIGHT SUPPLY.....Artichokes (slightly higher), potatoes (new crop red
potatoes arriving from Florida)

Portland

BEST FRUIT BUY.....Arizona grapefruit
IN MODERATE SUPPLY.....Oranges (small sizes reasonable)
IN LIGHT SUPPLY.....Avocados (high)
BEST VEGETABLE BUYS.....Carrots, onions
IN MODERATE SUPPLY.....Asparagus, local cabbage, cauliflower, peas, spinach,
local mustard greens
IN LIGHT SUPPLY.....Artichokes (high), lettuce, peppers, rhubarb

Seattle

BEST FRUIT BUY.....Arizona grapefruit
IN MODERATE SUPPLY.....Washington apples (mostly at ceiling), oranges
IN LIGHT SUPPLY.....Avocados (slightly higher), Cuban pineapples (high),
Louisiana strawberries (high)
BEST VEGETABLE BUYS.....Asparagus, cabbage, peppers, zucchini and summer squash
IN MODERATE SUPPLY.....Carrots, cauliflower, celery, lettuce, onions, rhubarb,
spinach, beets, turnips, rutabagas
IN LIGHT SUPPLY.....Peas, Oregon parsnips, tomatoes, new red potatoes (from
Florida), No.1 potatoes.

New items in the markets: Florida green beans, eggplant, summer squash, homegrown
hothouse cucumbers, Nevada radishes and green onions.